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Food, Page 1C

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# Granite City Journal

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VOLUME 20, NUMBER 26

WEDNESDAY, APRIL 3, 1996

FIFTY CENTS

## Decision delayed Environmental regulations holding up port proposal

By Bob Slatte  
Staff writer

Officials of the Tri-City Regional Port are putting the finishing touches on an incentive package designed to attract a \$100 million soybean processing facility to the local port.

But Missouri's environmental regulation agency may be the way of the project, which could create more than 225 new jobs here.

ConAgra, based in Omaha, Neb., is considering two local sites as well as two sites in Kentucky and one in Indiana for the facility.

Company officials at first said a decision would be made by April 1, but Port District General Manager Bob Wydra said Monday that the decision could come as late as a week from now.

ConAgra officials have been meeting with Wydra and other port representatives for the past month, discussing the company's needs. Port officials have put together an incentive package — reportedly in excess of \$52 million over the next 20 years — in an effort to convince ConAgra to build the new facility here.

Because the port is bidding competitively with other locations, Wydra has declined to discuss specifics.



Wydra

of the incentive proposal. He said that the port is working on other incentives, including loans and outright grants that would considerably reduce the company's costs. He also said that the port is coordinating an effort to obtain environmental offsets from other companies in the St. Louis region that have air permits but are currently not utilizing their total permitted allotment of emissions.

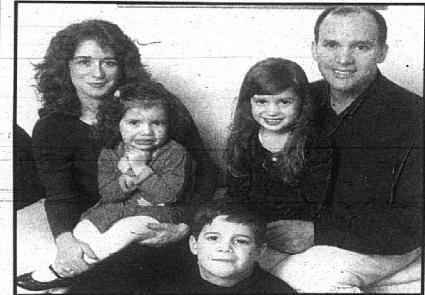
The environmental issue may be a sticking point in negotiations. While the Illinois Environmental Protection Agency is expected to allow ConAgra to obtain environmental offsets — emissions that are permitted but unused — from other businesses in the region, the Missouri Department of Natural Resources may be less inclined to allow offset trading, Wydra said.

The U.S. EPA recently published a notice disapproving Missouri's plan to meet the requirements of the Clean Air Act of 1990. Because the Metro East is considered by U.S. EPA to be a part of the St. Louis area, the state's approval could adversely impact federal highway projects as well as business expansion here.

Port officials have been in contact with a number of businesses on both sides of the river in an attempt to obtain environmental credits. While several companies have been receptive to the port's offer, Wydra said the Missouri Department of Natural

(See PORT, Page 4A)

## Workshops offer parenting skills



(Staff photo by RICK GRAEFE)

The Bronstein family: Left to right are Einat, Erin, 2, Ron, 7, Healey, 5 and Jerry.

By Barbara Ponder  
Staff writer

It's the most important position we hold in life, but there is no training or instruction book for it.

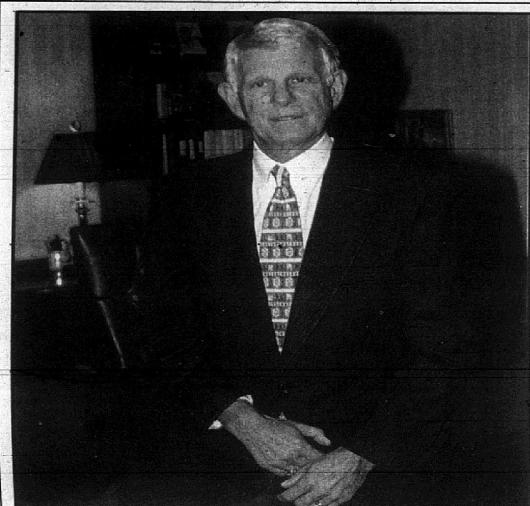
When it comes to parenting, most people just wing it.

"Parenting is a very humbling and challenging experience," said Jerry Bronstein, a local worker. "Parents are not usually lacking in love and commitment — just in skills."

It's Parents Enrichment Month, a time to learn or sharpen one's parenting skills to enhance family life. Toward that end, parents are encouraged to attend Partners in Parenting, a series of free, video-based workshops presented by Jerry and Einat Bronstein.

Partners in Parenting will (See PARENTING, Page 2A)

WEDNESDAY, APRIL 3, 1996



Staff photo by JOHN FRESE

Wayne Lanter in his office in Madison.

## Attitude is key for Lanter

By Scott Cousins  
Staff writer

Being at the right place at the right time, plus having the right attitude, has always worked for Wayne Lanter.

### Profile

From his start as a milkman in the early 1950s, Lanter, 62, of Belleville, has built his company into one of a half-dozen national players in the specialty trucking, warehouse and distribution business.

The company now does well over \$100 million in sales for special goods like meat, candy, film, and medical supplies — "things that require extra handling and tender loving care," he said.

In recognition for his success, Lanter will receive the 1996 Excellence in Enterprise Award at the McGehee College Free Enterprise Lecture Series Luncheon. The luncheon will be at the Missouri Athletic Club on April 26.

Today the Lanter Co. has (See LANTER, Page 4A)

## Supreme Court suspends license of local attorney

By Bob Slatte  
Staff writer

The law license of a Granite City attorney who formerly worked in the Madison County Public Defender's office has been suspended for two years.

The Illinois Supreme Court has suspended the law license of Charles A. Weitzman, an Edwardsville resident, following an investigation by the Illinois Attorney Registration and Disciplinary Commission.

The ARDC investigates allegations of inappropriate conduct by Illinois attorneys and recommends disciplinary actions when appropriate.

But any disciplinary action must ultimately be initiated by the state Supreme Court.

The ARDC's board of the ARDC recommended the two-year suspension of Weitzman's license in December 1994.

Weitzman's license was suspended for allegedly neglecting three workers' compensation cases, two clients and misrepresenting the status of one of those claims after it had been dismissed.

"(Weitzman's) misconduct constitutes a

gross pattern of repeated neglect which extended from 1987 ... through 1992," the hearing board found.

The initial three-count complaint against Weitzman was filed in November 1993 and alleges that he allowed workers' compensation claims to expire and that he told a client her case was still pending almost a year after it had actually been dismissed.

According to the three workers' compensation claims, (Weitzman) failed to act in neglect of the status of the claim to the client," the board ruled.

According to ARDC documents, Weitzman was retained by Christina Adams Champion in July 1986 to represent her in a workers' compensation claim before the Illinois Industrial Commission, but the matter was dismissed in May 1987 because Weitzman failed to file an appearance.

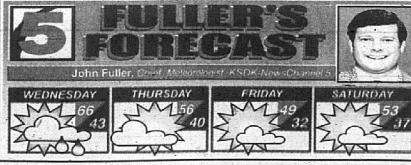
The workers' comp claim had been filed as a result of injuries Champion had sustained while lifting a patient at the Edwardsville Care Center.

Weitzman did not take any action to reinstate (See LAWYER, Page 4A)

## In the Journal

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## Venice dentist faces sexual abuse charge

By Scott Cousins  
Staff writer

Illinois State Police are looking for more victims of a Venice dentist arrested Friday on one count of aggravated criminal sexual abuse with the sexual abuse of a 14-year-old patient.

On Friday Jethro Black Jr., 39, of Alton, was charged with one count of aggravated criminal sexual abuse. He was arrested by the Venice Police Department, 601 Broadway, Venice, and released from the Madison County jail after posting \$7,500 bond.

The charge was the result of an on-going investigation by the state's attorney's office, Criminal Investigation, and the Illinois Department of Children and Family Services.

The investigation began after the family of the alleged 14-year-old female victim reported that Black had touched her "in a sexual manner" during an office visit on March 11.

The investigation began after the family a 14-year-old female alleged that Black had touched her "in a sexual manner" during an office visit.

According to Venice police,

there have been other complaints against Black in the past, but there was never enough evidence to take action. Copies of those reports were being forwarded to the state police.

Anyone with information is asked to contact the Illinois State Police at 346-3718.

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## LOCAL NEWS

## Bar fight, stabbing under investigation

Three Granite City men arrested over the weekend in connection with a late night near a tavern were released Monday without being charged.

Assistant Chief Kip Pomeroy of the Granite City police department said the man is under investigation and charges may be filed later this week.

The three men, ages 26, 24 and 19, are all from Granite City.

According to a police report, the three were part of a crowd of 10 to 12 people who attacked two Granite City men outside of Eddie's Tavern, 2900 Nameoki Road, at about 2:45 a.m. Sunday.

Witnesses told police the victim and the three suspects were all kicked out of the tavern for creating a disturbance.

The victims were attacked in an area outside the tavern, between about the heads, faces and chests with fists, feet and bottles.

The three suspects were arrested and held overnight Sunday, but released Monday when the investigation did not turn up enough evidence to warrant charge at that time, Pomeroy said.

"We just ran out of time," he said.

GRANITE CITY Police also

are investigating an incident that occurred in the downtown area over the weekend where a Missouri man was allegedly stabbed.

The victim, a 29-year-old resident of TIF, Mo., and the suspect, a 27-year-old Granite City man, allegedly fought over \$30 debt, witnesses told police.

The men fought outside of 2222 Grand Ave., according to a police report.

Witnesses said the suspect stabbed the victim twice in the shoulder.

Both men were intoxicated at the time, the report states.

**FIRE OFFICIALS** are investigating a suspicious house fire that occurred in West Granite over the weekend.

According to a police report, the fire at a home at 2435 Illinois Ave., was set at two places about 4:20 a.m. Sunday.

With the help of police, the owner, David W. Easler, 35, of the 3300 block of Wilshire Drive, and a former tenant had argued at the Illinois Ave. residence less than six hours before the fire was reported.

Easler said he and two friends had worked on the house until about 12:45 a.m. Saturday, then secured the house and left.

## Park district seeks volunteers

The Granite City Park District will conduct an informational meeting Tuesday, April 9, for individuals interested in volunteering in park programs.

The meeting will begin at 7 p.m. at the Brown Recreation Center, located at the intersection of Amos and Franklin avenues.

"As our parks continue to flourish and expand, volunteers are needed," said Park Director

Dave Polivick. "Opportunities are available to meet everyone's interests."

Volunteer opportunities are available for individuals or groups, in ongoing programs or special events, he said, and the park district will match the volunteer with his or her area of interest or expertise.

"Our volunteer opportunities are as diverse as the community we serve," Polivick said.

### Volunteer Information Form

The Granite City Park District is attempting to bolster participation in its volunteer program. If you are interested in becoming a volunteer and providing their talents and skills is encouraged to fill out this form and return it to: Volunteer Coordinator, Granite City Park District, 2900 Benton Avenue, Granite City IL 62040.

Name	Date of birth
Address	Telephone number(s)
Areas of interest or skills	
children's programs	educational programs
office assistant	flowers and landscaping
sports (please specify)	
Special events	nature and environmental education
senior program	historical interpretation
special needs program	marketing sponsorships
art skills	other (please specify)

## Fish fry slated

The AMVETS Post 204 in Madison will hold a fish fry from 5 to 9 p.m. Good Friday, April 5, at 1711 Kennedy Drive in Madison.

The menu includes fish, spaghetti, slaw and dessert for \$5. Sandwiches are \$3. Beverages and carry-outs will be available.

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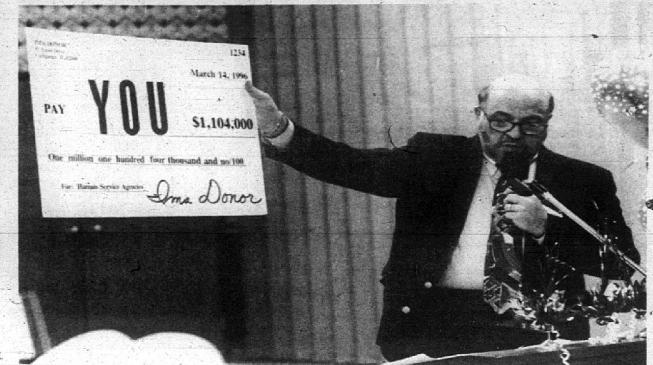
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(Staff photos by JOHN FRESE)

## Parenting

(Continued from Page A13) mornings beginning April 13 in cooperation with 24 area school districts. The workshops are from 10:30 a.m. to 12:30 p.m. at the school districts' facilities.

Parents may attend as many or as few as they want. No reservations are required, but registration is requested for planning purposes.

Jerry Bronstein has a bachelor's degree in education and minor in dressmaking, school work and counseling. Bronstein, a practicing psychotherapist, has a law degree and a master's degree in social work.

The Bronsteins, who live in northeast St. Louis County, have three children, ages 7, 5 and 2.

"The whole idea is to offer a program to parents at no cost in the schools and to parents," Jerry Bronstein

said. Video programs developed by Michael H. Popkin, a nationally recognized expert on parenting, are used in the workshops, and short film sessions in real-life situations. Situations are analyzed and solutions are presented.

More than 1 million parents nationwide have used these workshops.

School districts will provide trained workshop leaders as facilitators. The workshops cover parenting from toddlers to teenagers.

Topics for the five workshops are: "Helping Your Child Succeed in School"; "Becoming the Best Parent You Can Be"; "Raising Responsible, Self-Confident, Good-Tempered Teen Years and "Thriving Throughout the Teen Years."

Jerry Bronstein said any parent could benefit from the workshops.

"These are specific, concrete skills that can be learned to enrich the quality of family life for all members," he said.

Eniati Bronstein said child-hood affects everyone in some way.

"Once people understand

the profound impact they make on their children, they would do anything to make sure their children leave our good ones," she said.

Although it is important for children to understand actions, it is also important for parents to understand actions, Jerry Bronstein stressed a consequence is not a punishment, such as spanking or grounding. He said discipline is about setting limits.

"It is directly related to the action," Jerry Bronstein said. "It avoids the power struggle."

Jerry Bronstein said any parent could benefit from the workshops.

A logical consequence of a child's refusal to pick up toys is to put the toys away for a period of time so the child

cannot play with them.

Choice is an important tool available to parents. When a child refuses to wear a particular shirt, the parent could offer the child a choice of two shirts. This gives the child some freedom, and allows both the parent and child to avoid needless conflict.

The Bronsteins consulted with many experts while developing "Parenting in Parenting." At one end of the spectrum is Popkin and at the other end, the couple's 7-year-old son, Ron.

Ron had one message to send to parents: "Your children are counting on you."

Parents in "Parenting" is sponsored by KSDK (Channel 5), radio station KYKY-FM 98.1, the Suburban Journal, Children's Hospital and Children's Hospital and Roosevelt Bank.

For more information on the workshops or to register, call 534-5504.

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# Newsome starts new job as Venice chief

By Scott Cousins  
Staff writer

New Venice Police Chief James E. Newsome started the day Monday by stopping a few illegal drinkers.

He gave them a warning, but said next time they would be arrested.

On Monday Newsome — who recently retired after 20 years with the Madison County Sheriff's Department, ending his career as a captain in charge of the county jail — started his new job.

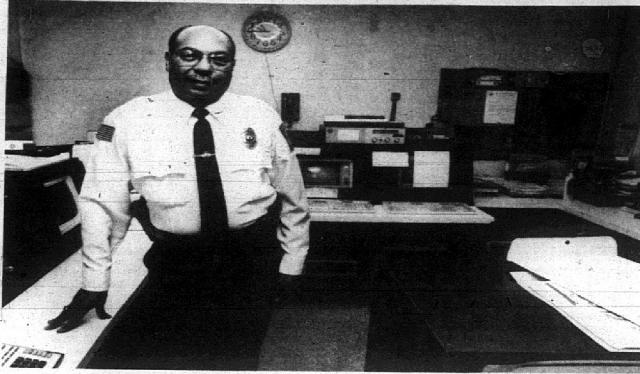
"It's always been my first love," he said of police work. "I enjoy helping people."

Newsome was a voter at the last city council meeting, but didn't officially take over until April 1. He replaces James Bennett, who retired after 26 years with the department.

Aside from a few traffic stops, Newsome spent most of the day cleaning out his new office and going over paperwork.

"I'm looking at past practices and policies, and probably some different implementation," he said. "Most of the policies we have like us are viable if they are followed."

"Just because we're a small department doesn't mean we



(Staff photo by JOHN FRESE)

Chief James E. Newsome at the Venice Police Department.

can't be an efficient department," he said.

Newsome said he plans no major shake-ups.

"Right now I've just been reviewing present policies and

procedures that the department has," he said Monday afternoon. "My main consid-

eration is manpower shortage. That was a problem Chief Bennett had also."

The department has seven sworn officers and two dispatchers. Although short on both, the lack of dispatchers has caused more immediate problems.

"When you are short dispatchers, you have to take an officer off the street," he said.

"Next week I plan to call a full meeting of the department to discuss these issues and their ideas on what we can do to make it a better safer place for the citizens in the community," he said.

Newsome promised there would be an emphasis on police patrols and strict enforcement of state and local laws.

He said the city's biggest law enforcement problem is drugs, and he hopes to force the dealers off the street and out of town.

"They stop, can they better be getting a ride out of Venice, because we'll give them a ride to the Madison County jail," he said. "My main concern is to get the streets back to where they are safe and sound, where everybody can walk down the streets on Tuesday and think it's Sunday afternoon."

## Recycle sports gear for kids

That old baseball glove gathering dust in the base-  
ball life could have renewed life through a program called "Sports Replay."

If it's been years, or even decades since that old baseball bat in the garage was hammered out of a home hit, it's time to put it to good use again. You can donate your discarded athletic gear to young-agers who have baseball dreams but not enough equipment to make them come true.

The Suburban Journals are teaming up with the Blue Cross/Blue Shield and Shop 'n Save stores to help collect used sporting equipment. Those old bats, balls and gloves will be put to good use. Items received

through the equipment drive will be donated to The Salvation Army, Mathews-Dickson Boy Scout Club and Catholic Charities.

"I'm honored to be a part of Sports Replay," said Alan Bennett, Cardinals pitcher and baseball spokesman for the equipment drive. "Without the chance to participate in sports as a child I could have never made it to the big leagues."

"This gives local kids the same chances you and I had by giving your new or used sporting equipment to Sports Replay," he said.

Throughout the month of April, Sports Replay barrels will be located at all Shop 'n Save stores. In addition, barrels will surround Busch Stadium on April 17, when the Cardinals play the Pittsburgh Pirates.

The Sports Replay barrels will hold a lot of equipment. Not only do baseball teams require bats, balls and gloves to take the field, the teams also need catchers gear, bases and batting helmets.

Take a few minutes to scrounge around the basement or search the garage for any baseball equipment that is no longer used but has plenty of life left in it.

Watch for the Sports Replay barrels at Shop 'n Save stores or find one before the Cardinals game on April 17.

## "Teleparty" coming

On April 25 residents of Madison County will once again be calling on friends and co-workers for the 1996 Teleparty Campaign for the American Heart Association.

The Teleparty is being chaired by Sister Mary Thomas and phone calls will be conducted from St. Elizabeth's Medical Center in Granite City.

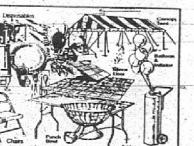
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## LOCAL NEWS

## •Lawyer

(Continued from Page 1A)  
the case and did not tell Champlain that the case was dismissed according to ARDC pleadings.

In fact, according to the document, Weitzman told Champlain in a letter dated April 8, 1988, 11 months after the matter had been dismissed that she had a hearing in 10 days. When Champlain showed up for the hearing at the Industrial Commission on April 18, 1988, according to the complaint, Weitzman told her the matter had been continued due to a problem with the file.

“When Champlain asked her on a number of occasions that she would have compensation soon,” according to the complaints.

Champlain retained another

attorney in November 1988, but her claim could not be reinstated.

Weitzman testified before the hearing board that he had received no notice about the case and that notice of the dismissal was sent to another lawyer who had failed to withdraw.

Champlain later received a \$40,000 settlement from Weitzman after suing him.

Counts II and III of the complaint stem from Champlain's alleged mishandling of two workers' compensation claims by Larry Galbraith Jr., an employee of Rent-a-Center.

On several occasions, injuries Galbraith sustained while carrying a television set, Weitzman filed his appearance as Galbraith's counsel on May 5,

1988, but the case was dismissed for lack of prosecution in February 1991. The claim was reinstated in April 1991 at Weitzman's request.

But in July 1991, Weitzman told Galbraith he intended to withdraw from the case. When Galbraith recorded from Weitzman, Weitzman sent a letter which failed to advise the new attorney of the case's status, according to the complaint.

Weitzman had not withdrawn as counsel for Galbraith when the case was dismissed a second time for lack of prosecution in January 1992, when a new attorney filed an appearance in the matter July 14, 1992, only to find that the claim could not be reinstated.

According to the complaint, Weitzman agreed to represent Galbraith in another claim stemming from an injury sustained when a customer attacked Galbraith. Weitzman filed an appearance in April 1992 and requested continuances four times in 1990 and 1991 before telling Galbraith by letter dated July 11, 1991, that he would withdraw from the case.

Information on a few common  
**Easter Plants**  
by the experts at

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Where Beautiful Things Begin

When you think of Easter plants, your thoughts probably turn right away to the Easter Lily, and rightfully so. It's a real favorite this time of year. But the selection of plants doesn't stop with the Easter Lily, not by a long shot. With so many to select from, we thought it would be a good idea to tell you a few facts about some of them.

**EASTER LILY**

This is a good one to begin with, since it's one of the more popular plants. It's a native of Japan and its center of origin is apparently Japan's small southern Munmu islands. Although the white or trumpet lily was found under cultivation on the mainland of China and Formosa by early Western explorers, it is only native to the Liu-chui Islands and is unknown in the wild state elsewhere. This plant was introduced to England about 1819, and almost immediately became one of the most popular when it gained general acceptance as the Easter plant.

**AFRICAN VIOLET**  
It's considered one of the most popular hobby plants in the country. The selection of cultivars has been greatly improved over the years. This plant was discovered in 1892 in East Africa. The first seed was imported into this country from England and Germany in 1927. An African violet pot plant consists of one or more plants per pot, equally distributed around the pot or centered in the pot. The quantity of plants per pot will vary, depending on the pot size. African violets have very short stems with leaves arranged in a rosette. The blades of the leaves vary from ovate-elliptic to round and are usually fuzzy.

**AZALEA**  
Azaleas have been grown as flowering potted plants in American greenhouses for more than a century, and are becoming more popular

every year. The azalea is one of 43 series in the genus Rhododendron. Azaleas can also be classified by flower types. There are single, double, semi-double, etc., and different flower shapes and sizes in a wide array of color choices.

**HYACINTH**

These plants originated in the eastern Mediterranean, and were introduced into the Netherlands in the late 1500s. For the past 400 years they have been extensively hybridized. The name "hyacinth" is derived from ancient Greece. According to the myth, a flower grew from the blood of the Hyakinthos, who had been killed by Apollo.

**HYDRANGEA**

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for more tips from the  
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## •Port

(Continued from Page 1A)

Resources may nix the plan. "We're trying to determine the offsets available and it's proving to be difficult," Wydra said. "We're pretty much run out [of offsets] in the Illinois side of the DNR and being rather forthcoming letting us know what's available."

American National Can Co. of Pevely, Mo.; Hussman Corp. of St. Louis; and Monsanto are among the Missouri companies that have indicated they may be willing to provide environmental credits.

Wydra said port representatives are working with the St. Louis Regional Commerce and Growth Association in an attempt to get information from DNR.

The utilization of Enterprise Zones and tax increment financing have also been approached in an attempt to lure ConAgra, Wydra said.

According to figures from ConAgra, the new plant would consist of a \$53 million building and equipment worth about \$65 million. A proposed nearby bottling facility would cost another \$20 million and create another 200 jobs or more.

Sixty-one salaried employees are anticipated at the processing facility with salaries ranging from \$30,000 for a claim to \$60,000 for each of three managers.

Another 165 hourly employees would be required to operate the facility, each starting at about \$15 per hour.

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Ronald Ebrecht will perform the organ works of Maurice Ravel at 3 p.m. April 14 at First United Methodist Church. Ebrecht was trained at Southern Methodist University, Yale University and the Schola Cantorum and Sorbonne in Paris.

was damaged in a fire last year. An inaugural recital and reception will be presented.

1996 marks the 100th anniversary of Granite City High School. Ebrecht was

trained at Southern Methodist University, Yale University and the Schola Cantorum and Sorbonne in Paris.

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**Good sports** — The Granite City police officers' union, American Federation of State, County and Municipal Employees Local 1347, recently donated \$100 to the Granite City Park District. The money is to subsidize athletic programs for children who would not otherwise be able to participate because of finances. Pictured from left are Detective Tom Paul, president of AFSCME Local 1347; Dave Polivick, park district director; and Detective Sgt. Jeff Parker, union treasurer.

(Staff photo by BOB SLATE)

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**DATE, TIME AND PLACE:**  
Saturday, April 20, 1996  
8:30 a.m. to Noon  
Memorial's Physical Therapy Center

**Fee:**  
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**INFORMATION:**  
A limited number of appointments are available and advance registration is required. Call Memorial's Community Relations Department at (618) 257-5649 to register or for more information.



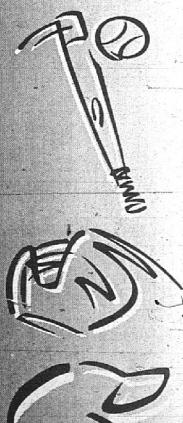
# Cardinals SPORTS REPLAY For St. Louis Youth



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- Alan Benes, Honorary Spokesman, Sports Replay

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Wednesday

# Granite City Journal

# Sports

Art Voellinger  
Staff writer

## Don't paint that head!

Regardless if the Chicago Bulls win the National Basketball Association championship, they already have the area's winter for basketballers more than a week.

That's Dennis Rodman, a rebounder deluxe who can thrive in pro basketball but, may have a problem, let's say, if he wants to look like he's young again and try to play another sport like high school baseball.

We already know Rodman's team, the Chicago Bulls, Jordan failed in a bid to play high school baseball, but Rodman might not get past first base even out of the dugout according to today's high school baseball rules.

You see, among the topics of conversation at the recent Illinois High School baseball rules meeting at Belleville West was Rule 3-Section 3-Article 1g.

Its heading reads: "Team personnel are prohibited from wearing body paint or other markings."

In commenting on 3-3-1g, the National Federation of High School Associations which includes the IHSA, noted: "In case any individual players have been painting their faces (sometimes in school colors) or painting their school's mascot or slogans on their body, this has also gained popularity. The new rules prohibit all body paint (except products to reduce the sun's glare that is visible on the body.)"

"Tattoos that, in the umpire's judgement, are not objectionable, legal markings, slogans, words, etc., that appear on the body, uniform or equipment and that are, in the judgement of the umpire, illegal, are illegal. They must be removed or covered before the player may resume playing."

The way that reads, Rodman, as a youngster emulating him, might have to use a roll of tape before becoming a legal baseball player.

Any who is to judge what is or is not objectionable? To Rodman, beauty might be in the eyes of the beholder, and if an ump agrees, you might have a more elastic appraisal rather than ejection.

**EXTRA INNINGS:** Two other baseball rules that I will not leave the reader to judge, are 3-3-1g. Team personnel are prohibited from wearing bandanas. "The rules committee is concerned that bandanas present a safety risk for the wearer and to other players. Bandanas may also have negative social implications."

**10-1-8:** Umpires shall not use tobacco or tobacco-like products or any article of vanity of the playing field. "Because umpires are considered role models, they are prohibited from using tobacco or tobacco-like products...An umpire who is in conflict with the rules should be reported to the appropriate state association."

No rule or comment was made regarding the type of tattoos an umpire might wear.

In a more sensible vein, the rules book refers to "length of game" and reads: "A concern regarding the length of the game is the growing practice of coaches while on defense, calling pitches (giving signals to the catcher, who then relays them to the pitcher) and additional signals to infielders and/or outfielders."

"Coaches are urged to keep these signals to a minimum and give fewer defensive signals in an effort to speed up the game."

**FOOTNOTE:** Gender equity has been mentioned in the rules book often, but we do not let it make in a difference between the prep baseball and softball rules when it comes to a coach's clothing.

In baseball, the coach must wear the uniform of the team.

(See ART, Page 2B)

"For the majority of our

## Warriors pound Cahokia 9-0

By Rob Raphael  
Staff writer

The Granite City Warrior tennis team took advantage of the rare nice weather on Monday afternoon as they drubbed Cahokia 9-0 in the Warriors' varsity home opener.

The Warriors were 2-0 on the season going into Tuesday's Southwestern Conference opener at Belleville East. Although Granite City has lost only one match in their first two meets, coach Allen Lobdell said he knows the first true test of the season was to come on Tuesday.

"Against East, for us to do well, we'll have to play better than we did in our first two matches," Lobdell said. "I haven't seen this type of competition yet that we'll see (Tuesday). We'll be tested then."

The match against East was to give the Warriors a chance to gain some respect, which a few of the players say they are getting from other conference teams. Lobdell said the team isn't looking at the match as a do or die situation, but merely as a chance to see where the team sits.

"We have some people on this team who don't want to be known as the other guys who played with (No. 1 player) Joe Markel,"

— Allen Lobdell  
Granite City coach

season, and could not field the team that had been improving steadily over the last two seasons under Jim McKee.

Markel easily won his No. 1 singles match, defeating Steve Boyd 6-0, 6-0. Buddy Prazma had nearly as easy a time at No. 2, cruising past Eric Rieken 6-0, 6-1.

Chris Caudron 6-0 by Cahokia's K.C. Heditkamp 7-5, 5-4 at the No. 3 spot, and Tim Goske defeated Frank Gloeckner 6-0, 7-5.

Aaron Bettor defeated Tim Barber 6-2, 6-2 at No. 5, and Robby Grady finished the singles sweep with a 6-0, 6-2 win over Tim Rieken.

In the doubles matches, the Warriors also swept the Cofanches. Bettor and Grady defeated Steve Boyd and Eric Rieken 6-0, 6-1, and the team of Steve Graham and Scott Jackson defeated Heditkamp and Boren 6-3, 6-3. Finally, Mark Achenbach and Mike Hellrich put away Barber and Gloeckner 7-6, 6-0.

Lobdell said his players have to use the first match or two just to get their game legs.

"Unlike some teams, my kids don't play all year round," he said. "When we come back we're fresh, but we're rusty. We want to win every match, but we have to work to try to get our game legs back. We have to get to the conference meet, and the regionals, we're hopefully playing pretty good tennis."

In the Warriors' varsity opener at Waterloo last Tuesday, Granite City once again swept the singles but did drop a doubles match.

## STATE GAMES

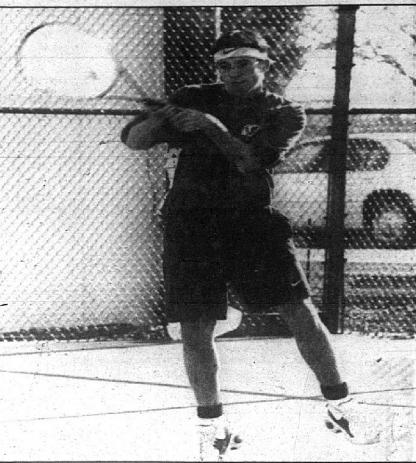
Southern Region elite teams are now being formed for the Prairie State Games.

Page 3B

## BASEBALL

The GCHS baseball parents will hold an all-day barbecue on Saturday, April 6.

Page 2B



(Photo by PAUL BAILLARGEON)

Buddy Prazma, above, had a somewhat easy a time at No. 2, cruising past Eric Rieken 6-0, 6-1.

## U.S., France to meet at Soccer Park

By Bill Hester  
Correspondent

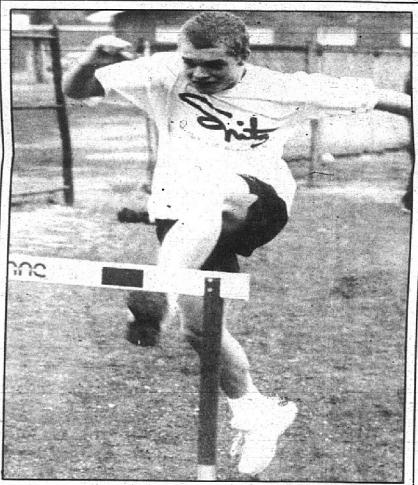
The Road To Athena for the United States Women's National Soccer team will be making a stop at the Soccer Park in St. Louis, Soccer Park in Fenton, Mo., will be the site of the first-ever appearance in St. Louis for the women's national team which favored with the gold medal when women's soccer debuts at the 1996 Atlanta Olympics.

The United States will face France at Soccer Park with kickoff slated for 7:30 p.m.

"It is the first time we will be playing here and we want to leave a big mark," said Julie Foudy, a member on the national team and a former standout at Stanford University. "I have heard that St. Louis is a hotbed for soccer in the United States and I think it appears to be warranted from what I have seen today. There is tremendous enthusiasm from the people. I hope it is a success for us and for the city."

The United States squad has already played 11 games on its "Olympic Preparation" tour. The women's team has a record of 8-1. It split a pair.

(See SOCCER, Page 3B)



(Staff photo by JOHN FRESE)  
Up and running — Granite City's Steve Moss practices hurdles.

## Thoroughbred season off and running at Fairmount

By Brian Bretsch  
Staff writer

The ponies are back at Fairmount Park for another season of thoroughbred racing, and while the scenery is not different from past years, officials hope changes to the track will attract more fans on both sides of the river.

The changes won't be seen by the naked eye, but Brian Zander, vice president and manager of the track, hopes the changes will draw more customers. The season opened Saturday and runs through Oct. 6. Post times will be 6 p.m. and races will start at 7:30 p.m. Fridays and Saturdays and 6:30 p.m. Sundays and Mondays. There will be live racing on Wednesdays or Thursdays.

The first change at Fairmount customers will notice is the parking. Zander said the general parking area, located directly in front of the track, has traditionally charged \$1. That parking is now free. Zander also said the track has a new gate-prize admission of \$2.50 for the grandstand and clubhouse.

"Coaches are urged to keep these signals to a minimum and give fewer defensive signals in an effort to speed up the game."

(See FAIRMOUNT, Page 2B)

"For the majority of our

(See FAIRMOUNT, Page 2B)

The St. John Neumann Lady Crusaders capped off the season March 11 by clinching their conference with an undefeated record. Team members include (front row from left) Natalie Morris, Savannah Wisnasky, Stacey Ellerman, Kecia Williams and Megan Jackstadt; and (back row) coach Steve Jackstadt, Kyle Tevebaugh, Julia Mattea, Laura Rimer, Heather Beeson and assistant coach Roger Mattea.

## Cardinals Team of the Week

Sponsored by Allstate Auto, Cross and Bus Shield



John Green

"The bottom line is to win the conference tournament," Temples said. "That is going to be a tough task this year, but our team is in position to compete for a championship again this year."

Leading the returnees is junior Ray Stroup, who finished second at the CCIW meet and was third on last season's squad with a 7.9 stroke average.

The team's top two players in scoring average, senior Jason Thomas and junior Tory Leonard, also return.

(See GOLF, Page 2D)



## Elite PSG teams being formed

The Southern Region elite teams for the Prairie State Games are now being formed for the finals competition June 28-30 in Southwestern Illinois.

The elite teams for both men (high school and open (college and above) divisions) are basketball, soccer, and volleyball. Elite tennis also has those divisions. The master's men's division consists of players 35 years of age and older.

The Southern Region will compete against seven other regional teams for the state's version of the Olympic Games.

Besides competing, the athletes will have the opportunity to participate in the Opening Ceremonies on Friday, June 28, at the Trans & Fireman Soccer Stadium at Southern Illinois University at Edwardsville.

Athletes in 18 other Olympic-

type sports also will be competing at the Finals.

The Southern Region represents residents or students who live in these counties: Alexander, Bond, Calumet, Clinton, Crawford, Cumberland, Edwards, Effingham, Fayette, Franklin, Gallatin, Hamilton, Hardin, Jersey, Johnson, Jefferson, Madison, Marion, Massac, Monroe, Perry, Pope, Pulaski, Randolph, Richland, St. Clair, Saline, Union, Wabash, Washington, Wayne, White and Williamson.

The entry fee to try out is \$15, which includes the Prairie State Games seminar (sabotage). The opportunity to win medals at the Finals. Applications will be available on-site at the tryouts, and the contact person for that team.

For further information, con-

tact the applicable contact for each of the sports or Regional Director, Bob Egan, at 622-0604 at home; or 622-1002 at work.

**Basketball** — Open Men and Women, and Scholastic Women. Contact Ron Awanish (277-6101), Scholastic Men, Dennis Reuter or Norm Toenies (476-1622). Tryouts for the scholastic basketball teams will be May 18, from noon-2 p.m. at Rock Lake College in Ima; and May 26 from noon-2 p.m. at McKendree College in Lebanon. Tryouts for the scholastic men's team are May 19, from 2-4 p.m. at Rock Lake; and May 26 from 2:30-4:30 p.m. at McKendree.

**Soccer** — Open Men (Norm Sein, 609-2827), tryouts are May 19 and 21, at 6 p.m., at SIUE; and Open Women (Gene Briggs, 876-4719), tryouts are scheduled for May 19-20, at 6 p.m., also at SIUE. Scholastic Men (Dale Schilly, 667-8333) tryouts are May 19 and 21 at the same times; and Scholastic Women (Terry Schuler, 877-3059) are also on May 19 and 20 at the same times.

**Volleyball** — Open Men and Women, Scholastic Men and Women, and Master's Men: Bob Keefe (396-5136) and Dave Woes (396-1859); Scholastic Men and Women's tryouts are set for June 2, 9 a.m., in Belleville.

**Tennis** — Open Men and Women, Scholastic Men and Women, and Master's Men: Bob Keefe (396-5136) and Dave Woes (396-1859); Scholastic Men and Women's tryouts are set for June 2, 9 a.m., in Belleville.

The goal for the end of the tournament is a trip to Athens, Ga., which will be host to the final games of the Olympic tournament.

**THESE GAMES GIVE US** a chance to try different lineups and combinations, but we are also out there to win and get in the right mentality of the way



(Staff photo by JOHN FRESE)

Go! — From left, Granite's Monica Widel, Christina Short and Bonnie Hill practice sprinting.

### Soccer

(Continued from Page 1B) of games against Norway and had a tie and a one-goal victory over Brazil.

In the other seven games, the U.S. has defeated teams from Russia, Ukraine, Sweden and Germany by a combined score of 28-1.

The goal for the end of the tournament is a trip to Athens, Ga., which will be host to the final games of the Olympic tournament.

things will be at the Olympics," said U.S. midfielder Tisha Venturini, who played on four U.S. national teams and won four NCAA championship titles while attending the University of North Carolina from 1989-91.

The team will be playing France in a two-game series, with a second game at Indianapolis on April 28.

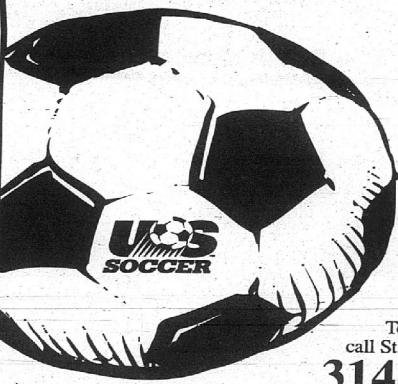
"THEY ARE TRYING to get us in the rhythm of playing a game, having a day off and then playing the next day since that will be the schedule we will have at the Olympics," said Venturini, who was the 1994 Missouri Athlete of the Year.

The members of the U.S. national team have been training in Orlando, Fla., since January. The first rounds of the Olympics will be played in Florida, with the semifinals and finals scheduled for the University of Georgia in Athens, Ga.

More than 3,000 tickets have already been sold for the game at St. Louis' Busch Park, with a capacity of 6,300.

All tickets for the U.S.-France game on April 28 are \$12 general admission. Order by calling (314) 984-0516.

## U.S. Women's National Team VS. Women's National Team Of France



Friday,  
April 26  
St. Louis  
Soccer Park  
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## Hey Cardinals Fans, It's Family Night!

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**Get the gang together and head down to Busch Stadium to see the Cardinals play the Phillies, Friday, April 12.**

**Buy one KIDS TICKET get one FREE!**

Valid for one child age 15 & under on April 12. Purchase 1 child's General Admission seat at regular price and get a 2nd child's General Admission seat free. Cannot be combined with any other discount offer. Can be redeemed at Busch Stadium (mail-in person) & at participating Schnucks Video stores.

**Plus! Kids here's your chance to throw out the first pitch and have your friend catch it!**

**OFFICIAL FIRST PITCH ENTRY FORM**

YES! Enter my name into the FIRST PITCH CONTEST on April 12. Mail to: Suburban Journals, 1714 Deer Tracks Trail, St. Louis, MO 63131. You must be between the ages of 5 and 15 to qualify. Only one winner. All entries must be received by April 8, 1996.

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Alliance BlueCross BlueShield

Cardinals

Suburban Journals



(Staff photo by BOB SLATE)

**Growing** — Omni Bank, with a main office at 5111 Illinois 111 in Pontoon Beach and a branch at 3830 Nameoki Road in Granite City, recently held its annual shareholders' meeting. The five-year-old bank had assets totaling nearly \$31 million as of Dec. 31, 1995, according to its annual financial statement. Pictured from left are bank board members Dave Foreman, Gene Tracy, Velda Taylor, Joe Hassler, Anne Slade, Don Whitehead, John McDonald and Chuck Unger.

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## Have you made your 1995 IRA contribution?



**Tim  
Guthrie**

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One of the most effective ways to build wealth and save for retirement is through an individual retirement account.

The reason is that IRAs offer a major tax benefit — tax-deferred growth (or compounding) contributions and earnings until they are withdrawn after age 59 1/2.

This means that you're able to accumulate more money for retirement in an IRA than you could with a similar investment, which is reduced by taxes each year. And, given recent tax law changes, which specify higher taxes for many individuals, taking advantage of tax-deferred investing in an IRA makes even more sense.

**IRA deductibility limits**

If you and your spouse are not covered by an employer-sponsored retirement plan, your IRA contribution remains completely tax-deductible.

If you or your spouse are a participant in a plan, you may

continue to receive the deduction for all or part of your contribution, depending on your annual adjusted gross income. Single or joint adjusted gross incomes of \$25,000 or less and married couples with adjusted gross incomes of \$40,000 or less can deduct their entire contribution.

**Don't let non-deductibility stand in your way to benefit**

Even if your annual \$2,000 IRA contribution is not deductible, the money you invest grows in a tax-deferred IRA.

Consider the following examples that show how much more you can earn in an IRA after 15 years if you invest \$2,000 in the IRA vs. \$25,163 if invested in a fully taxable investment.

Assume your annual investment return is 7 percent.

After 10 years, your money grows tax-deferred to \$5,776 in the IRA vs. \$25,163 if made in a fully taxable investment.

After 15 years, your money grows tax-deferred to \$9,776 in the IRA vs. \$44,867 if made in a fully taxable investment.

After 20 years, your money grows tax-deferred to \$17,730 in the IRA vs. \$68,993 if made in a fully taxable investment.

### The \$4,000 contribution

If you haven't made a contribution to an IRA in 1995 and you think you've missed your opportunity, here's the good news: You have until April 15 to make the maximum 1995 contribution (\$2,000). And, why wait until next

year to make your 1996 contribution? Invest \$4,000 now (for both 1995 and 1996) and enjoy a full year or more of tax-deferred growth.

Higher rates, longer life expectancy and rising healthcare expenses are some of the best reasons why you shouldn't wait to establish an IRA.

**Tim Guthrie**, a Fairview Heights resident, is an investment executive with a Clayton-based investment firm. He can be reached at 1-800-325-8069 or 314-854-4822.

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No other filter cleans better.

When it comes to removing harmful dirt from your car's engine, there's no better choice than Deutsch Precision Oil Filters. Laboratory tests confirm that no other filter is more efficient in keeping engines clean.

That's because Deutsch Precision Filters contain a microprobe element that traps damaging particles smaller than 1/10,000 mm — smaller than the bearing clearances on close-tolerance engines. This microprobe technology provides extra protection against everyday driving conditions that wear on an engine, such as stop-and-go traffic, prolonged idling, high rpm's and heavy loads.

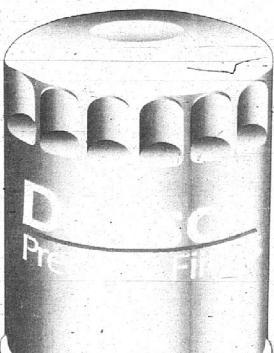
Of course, Deutsch Precision Filters offer premium protection in other ways, too. Like the double-thick baseplate that won't warp at extreme engine temperatures or pressures. And the double-folded rolled seal that forms a leak-free canister. An internal check valve even prevents dry starts by limiting oil drainback when you turn your engine off.

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### TEST RESULTS FOR MOST POPULAR OIL FILTERS\*

Brand	Baseplate Thickness	# of contaminants in oil sample	Percentage of contaminants trapped by filter	Percentage of contaminants trapped by DuraBlend	Percentage of contaminants trapped by Mobil 1
Ford Synthetic	85.67	11.2	53.27	14.73	—
Ford Synthetic	86.07	13.93	53.00	15.00	—
LeCom PFR-A	85.45	14.35	82.86	17.14	—
Westerfield F1A	76.50*	23.41	52.01	82.23	17.47



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<b>\$300 REBATE ON 55-GAL TUBES</b>	<b>VALVOLINE SYNTHETIC OIL</b>	<b>Mobil 1 SYNTHETIC OIL</b>
<b>\$240 INSTANT REBATE</b>	<b>VALVOLINE SYNTHETIC OIL</b>	<b>Mobil 1 SYNTHETIC OIL</b>
<b>EXXON SUPERFLO SYNTHETIC OIL</b>	<b>VALVOLINE SYNTHETIC OIL</b>	<b>Mobil 1 SYNTHETIC OIL</b>

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## SIUE alumnus establishes memorial scholarship

John M. Juhasz Jr., a 1966 Southern Illinois University at Edwardsville alumnus, has established the Rose M. Juhasz Memorial Nursing Scholarship at SIUE in memory of his mother and to continue her contribution to her profession.

Rose M. Juhasz spent her life helping others. A native of Granite City, she worked as an obstetrics nurse in the delivery room of St. Elizabeth's Hospital for 40 years. Even after her retirement, she continued to show her love of the community by volunteering at the hospital.

The scholarship is open to junior nursing students with a 3.0 grade point average. Preference may be given to applicants specializing in OB/GYN and to students of Hungarian descent, but these restrictions will not be waived. The recipient will be chosen by the School of Nursing. The scholarship will provide up to \$1,000 a year.

"I always admired my mother for her dedication to her profession," John said. "Through this scholarship, I hope to help someone who is dedicated, enjoys the profession and will value this

opportunity as much as my mother valued her training at St. Elizabeth's Hospital during the Depression."

Celia L. Cohen, dean of the SIUE School of Nursing, said, "We are talking with Mr. Juhasz, his wife and his children to see if their name means anything in Hungarian. It certainly seems that through her concern for and dedication to the people of Granite City and the surrounding communities, Rose Juhasz truly personified her name."

Juhasz is president of Flight Safety Equipment Inc., a Granite City-based company that specializes in safety equipment for commercial and military aircraft.



Rose M. Juhasz

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### Briefly

#### Benson wins

**Wal-Mart scholarship**  
Associate of the Granite City Wal-Mart store will send Catrina Benson on her way to college this fall with a \$1,000 Sam Walton Scholarship.

Benson is finishing her senior year at Granite City High School and will be attending the University of Southern California in the fall. Her strong academic performance, involvement in school and community activities contributed to her selection as the Sam Walton Scholarship recipient.

Applications were reviewed by a team of qualified judges, consisting of local business

and community leaders who are not affiliated with the scholarship. "The overwhelming number of qualified students made the decision process very difficult for the panel of community judges," said James Brooks, Wal-Mart store manager. "We are pleased to award Catrina Benson with the Sam Walton Scholarship in recognition of her outstanding achievements."

This scholarship is part of the Sam Walton Community Program, an effort by Wal-Mart to recognize area residents, who are making a difference through leadership, inspiration and volunteerism.

#### Conferences set

Parent-teacher conferences will be conducted at Granite City High School on Monday, April 8, 1-4 p.m. and 5-8 p.m.

There will be no classes conducted that day. Report cards will be available at that time.

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P185/70R14	41	47	56
P185/70R14	—	58	68
P195/75R14	43	48	57
P195/70R14	—	59	69
P205/75R14	45	51	59
P205/70R14	—	60	68
P215/75R14	—	55	63
P205/75R15	46	54	61
P205/70R15	—	62	72
P215/75R15	47	57	65
P225/75R15	48	58	67
P235/75R15	49	59	69

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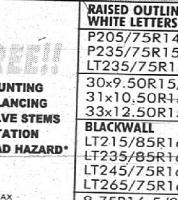


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LT235/75R15/6	85	103
30x9.50R15/6	88	105
31x10.50R15/6	96	114
33x12.50R15/6	—	133

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LT265/75R16/6 104 124

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TREAD MAY VARY

## ORGANIZATIONS

## Rebekah District Association presents district officers

## DAV thanked for donations

The Disabled American Veterans Auxiliary 53 held a meeting Feb. 26 at the chapter house.

The senior vice, Caroline Fudge, opened the meeting.

The group received thank-you notes from the Marion Hospital Auxiliary for the donation received for their bingo party, sweat shirts, socks and refreshments; and from the Lasalle Veterans' Nursing home for the \$200 donation they received for the veterans' boat trip.

The Organization for the Advancement of the Handicapped sent a thank-you note for the \$200 donation they received for their Halloween party. Head Start sent a thank-you note for the donation received for their Halloween party.

Thank-you notes were also received from the Granite City school superintendent for donations for two Halloween parties for special education students, from the high school senior girls for their Christmas shopping trip; from the Eric L. Goss Benefit chairman for the \$100 donation; from the Danville Veterans' Hospital for a \$200 donation; and from the Marion Veterans' Hospital for the \$200 donation.

A community service report was given. A total of 25 hours of volunteer service had been completed.

The Disabled American Veterans hold bingo every Wednesday at the Nameoki Bingo Center.

\*\*\*\*\*  
Miss Heartland  
seeks girls ages  
5-16.  
Pageant May 5  
Belleville Area  
College  
344-8210  
Ask for Nancy  
\*\*\*\*\*

The annual spring meeting of the Rebekah District Association was held March 22 at the Nameoki United Methodist Church in Granite City.

Delray Lodge 786 opened the meeting. Following routine business, the meeting was turned over to the district officers.

The district officers were presented. They are: Wanette Taley, president; Grace Caspiron, vice president; Linda Johnson, secretary; Ellen Mense, treasurer; and Mary Roulard, past junior president. The district association was then opened by Taley.

The tribute to the flag was given by Collinsville Lodge 154.

The assembly appointees, past

The tribute to the Rebekah flag was given by Pride of the West 544 in Troy.

Rebekah Lodge 477 of Juanita Rebekah Lodge 477 sang "How Great Thou Art" and "He Touched me," the president's chosen songs.

The elected officers of the International Assembly of Rebekah Association were then presented, followed by Audrey Jones, immediate president and Billy Jones, the new general master of the jurisdiction of Illinois. Present elective officers of all units of the order were then presented, followed by past elected officers of all units.

The assembly appointees, past

district presidents and past presidents of District 26 were also presented, as well as past district president of other districts.

The address of welcome was given by Pearl Wood of Delray 786, and the district response was given by Caspiron.

Each unit was then given the opportunity to present officers, past district association officers, past district presidents, committees and other visitors. Minutes of the fall meeting were read and approved.

After communications and

bills were read and approved, luncheon was served by the Jerry's Catering Service.

The district was reconvened after the luncheon and business was continued.

The vice president stated that the fall meeting would be invited to be convened at Collinsville

Lodge 154.

Following remembrance for the deceased or deceased, a memorial service was held for deceased members of the lodges in the district. This was given by Delray Lodge 786.

There were 68 members in attendance for the day.

## LOVELY SPRING &amp; EASTER FASHIONS

BETTER DRESSES & 2 PIECE SUITS  
NAVY-WHITE, PINK, RED, GREEN, PRINTS  
SIZES 8-20 14 1/2-24 1/2

JUDY BOND BLOUSES - LONG & SHORT SLEEVES  
MANY STYLES & COLORS  
SIZES 8-18 38-46

DONNKENNY PANTS & SKIRTS  
SIZES 10-20 34-40

SASSOON PANTS SIZES 42-46

KNIT TOPS - SLIPOVERS - CARDIGANS  
SHOES - HANDBAGS - SCARVES - GLOVES  
EXQUISITE BRAS & GIRDLES

GOWNS - PAJAMAS - DUSTERS  
SIZES - SMALL TO 4X LARGE

**NORNBERG'S**

876-7655 307 MADISON AVE., MADISON  
PLUS SIZES: OUR SPECIALTY  
STORE HOURS: MON-SAT: 9:00AM-5:00PM

An invitation To Attend the 48th Annual  
**EASTER SUNRISE SERVICE**  
AT WILSON PARK  
APRIL 7, 1996

Enjoy the beautiful early morning dawn, cross and flowers from Granite City's  
Wilson Park Recreation Center. The First Easter was at Sunrise.

- Brass Ensemble, Easter Hymns, Combined Choir
- The Rev. Mark Hawkinson
- Broadcast live on WGNU (AM920 on the radio) courtesy of First Bank, 3600 Nameoki Drive, Granite City
- Donuts, coffee and rolls provided free after the service
- Dress accordingly; service under roof will proceed rain or shine!

Come And Be A Part Of Easter

Join us for some  
**Healthy Conversation**

with

**Kevin Baumer, M.D.**

**PROGRAM**

Healthy Conversation provides an opportunity for you to talk with a medical specialist about various health and wellness issues that affect you.

Dr. Baumer, an orthopedic surgeon, will discuss knee pain.

**DATE, TIME, PLACE**

Monday, April 15, 1996

7 to 8:30 p.m.

Memorial Hospital Auditorium

**INFORMATION**

Attendance is limited to 35 people. Advance registration is required; reservations can be made by calling Memorial's Community Relations Department at 257-5649.

**MEMORIAL HOSPITAL**  
4500 Memorial Drive  
Belleville, Illinois 62223

**Athletic Shoes For The Family**

Now \$19.99

Our Reg. to \$29.99  
Save Up To 34%

Select from these popular styles and many colors in men's, women's and children's sizes.

**Crown Shoes**  
A New Line of Shoes!  
10 Crossroads Plaza, Granite City  
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New Shipments Arriving Weekly - The Best in... • Selection • Name Brands • Top Value

SPALDING  
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Huge Selection of  
Men's & Women's Famous Brands  
at Great Savings!

CUSTOMER  
SERVICE HOTLINE  
1-800-353-SHOE  
Sale ends Sat., April 13th  
Registration ends in 30 days  
Order now and receive  
a free gift!

Sale Starts Today



**GITERSONKE FOOT CLINIC, P.C.**

- Second Surgical Opinion • Bunion
- Hammertoes • Ingrown Nails • Warts
- Heel & Arch Pain • Corns • Calluses

**PARTICIPATING MEDICARE PROVIDER**

Most Major Insurance Companies

**Dr. Alan R. Gitersonke**  
Diplomat, American Board of Podiatric  
Surgery, Certified in Foot Surgery

2412 Corporate Center, Granite City 62204  
180 Woodcrest Drive, Highland 62240  
6800 Ill. St. Rt. 162, Suite 105, Maryville 62231

**St. John United Church of Christ**

2901 Nameoki Rd.  
877-6060

Maundy Thursday, April 4

7:30 P.M. Worship & Holy Communion

First Communion for Our Confirmands

Service of Footwashing

Service will conclude in darkness & silence.

Easter Sunday, April 7

The Day of Resurrection! Come hear and  
celebrate the wonderful news!

It Is Risen!

6:30 A.M. Sunrise Service

Cemetery Chapel • 2550 Maryville Rd.

9:00 A.M. Worship & Holy Communion &

Sunday School

(Sunday School will include an Easter Egg Hunt)

10:00 A.M. Fellowship Hour

10:30 A.M. Worship & Holy Communion

Nursery Available

The public is invited to attend all services.

Let's relive the Story, and allow it to touch  
and empower our lives!

**GrandP's Jewelry**

High Standards Low Prices

**JEWELRY REMOUNT & LOOSE DIAMOND**

Spectacular Sale 30% OFF

**PT Lifeguards  
and swim  
instructors.**

Early shift 6 am-10 am,  
M-F, and even swim in  
the evenings 9-11 P.M.  
Saturday hours flexible.  
Must have current  
Red Cross or YMCA  
Lifeguard Cert.

**Tri-City  
YMCA**

618-876-7200

Ask for Norma or  
Rich.

Shirl K. Floral

2701 Pontoon Rd.  
797-6210

We have beautiful wedding  
invitations and a complete line  
of accessories to fit your wedding  
theme and price range. Stop in  
today to see our complete line.

Waverly - In Stock  
\$20.00 DOUBLE ROLL  
All Best Sellers!!!  
with custom fabrics -  
\$10.99

WAVERLY - BORDERS - SUPPLIES  
FRAMED PRINTS - MURALS  
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SLIPCOVERS  
DRAPES - SPREADS

377-4306  
Hours: Mon-Fri 10-5  
112 W. Bettisboro Blvd. (Hwy 140) • Bettisboro

UP TO 75% OFF  
Custom  
Window Treatments  
**Wallpaper  
for less**

WAVERLY - IN STOCK  
\$20.00 DOUBLE ROLL  
All Best Sellers!!!  
with custom fabrics -  
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Choose from hundreds  
of exciting & stylish  
14K Gold Mountings

We'll Restyle Your Diamonds  
While You Wait & Watch

Solitaires, Bridal Sets, Earrings,  
Pendants, Men's Rings . . .

**ALL REDUCED DURING  
THIS EVENT**

Call for an appointment or just come by the store.

**JEWELRY REPAIR CLINIC**

Give Your Old  
Jewelry A  
Dazzling  
NEW Look

TIME OF SHOW AT ALL LOCATIONS  
WILL BE 10 A.M. TO 8 P.M.

**WED., MARCH 27th**

14800 Manchester Rd.  
Bettisboro, MO 62211  
314-394-1874

**THUR., MARCH 28th**

10229 Lewis & Clark Blvd.  
Belleville, IL 62220  
314-867-6226

**FRI., MARCH 29th**

1365 S. 5th St.  
Shreveport, LA 71101  
314-225-2121

**SAT., MARCH 30th**

11900 St. Charles Rock Rd.  
Bridgeton, MO 63042  
314-739-5921

**FRI., APRIL 5th**

7077 Chippewa Ave.  
Shreveport, LA 71119  
314-781-9218

**SAT., APRIL 6th**

9525 Collinsville Rd.  
Collinsville, IL 62234  
618-344-1532 314-241-0476

## Horoscope

**Wednesday, April 3**  
This is the last day that Venus, the love planet, is in the sign of Taurus. Venus rules Taurus, so there is a special affinity these two items have for one another. Singers, sculptors, artists, museum curators, charitable fund-raisers and auctioneers find that the moves they make today can

firmly cement their status and increase their professional clout.

**TAURUS** (April 20-May 20). Put new packaging around an old idea. Secure financing others appreciate your ingenuity. Collaborative efforts bring out hidden talents. Pent-up anger erodes a marriage. Risks are necessary in starting a business.

**GEMINI** (May 21-June 21). Someone close is costing you.

openly with a child.

**CANCER** (June 22-July 22). Tension causes you to do things you later regret. Sometimes, doing nothing is the best bet. Exercise programs only succeed when you work out with a pal. Touch base with former business colleagues.

**LEO** (July 23-Aug. 22). Too many complications are involved in your work.

of a good but time-consuming deal or job. Either delegate or reconsider this. Retirees get special aid and discounts. Present your lover with a fair accomplishment. He or she will recover quickly.

**VIRGO** (Aug. 23-Sept. 22) Step up activities — action impresses those who can give.

self to regain your physical and mental agility. Checks, funds or refunds could be lost. Retirees increase their income.

**LIBRA** (Sept. 23-Oct. 23) You have luck with a new partner, who helps you get a project or goal off the ground. Intuitions are keen. You needn't be a mentalist, but others

- 1 -

**GAS LOGS**  
 • VENTLESS • INSTANT HEAT  
 • VENTED • CLEAN BURNING  
 • 99% EFFICIENT • WE INSTALL  
 • ORGANIZED CLOSET SHELVING  
**R. M. DISTRIBUTING CO.**  
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 Free Estimates (618) 877-3334

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MINI STORAGE**  
New Units Available  
Open Seven Days A Week  
**797-2757**

**APOLLO-RUNAWAY TRAVEL**  
**1-800-737-3691 PIN #460**  
**Hazelwood      Beltefontaine      Florissant**  
**893-3520      867-6666      831-6100**  
**RENO      Airport From '269      VEGAS      Airport From '1239**  
**CANCUN      Airport From '339      ORLANDO      Airport From '254**  
**AMTRAK      The Whole Country '278      HAWAII      Airport From '699**  
**Call For Least Expensive Air Fares**

APRIL 3, 1998  
**GOOD FRIDAY**

11 a.m. to 7 p.m.  
**AMVETS Post #204**  
1711 Kennedy Drive  
Madison, Illinois

Fish, Spaghetti,  
Slaw & Dessert  
**\$5.00/Plate**  
Sandwiches: **\$3.00**  
Beverages & Carryouts Available

**EAGLES 1126  
BASS CLUB  
BENEFIT B.Q.  
SAT., APRIL 6  
10 A.M. - 6 P.M.  
EAT-IN OR CARRY OUT  
PORK STEAKS &  
SHISH-KA-BOBS  
Plates \$4.50 or  
Sandwiches \$2.75  
**HOT DOGS \$1.00**  
<sup>446</sup>  
451-2109 for carry outs  
2558 Madison Avenue  
**Inside Fishing  
Equipment****

A graphic for a bingo game. It features a large, stylized word 'BINGO' where each letter is enclosed in a circle. The 'B' is on the left, 'I' is in the center, 'N' is to the right of 'I', 'G' is to the right of 'N', and 'O' is on the far right. The letters are bold and black, set against a white background with a thin black border around the entire logo.

**MA**  
7-9630 **HELD OVER!**  
**EDWARD BOUNDII** **G**  
*In San Francisco*  
RISAT 2:00, 4:00, 7:00, 9:00  
2:00, 4:00, 7:00 TUE — THURS 7:00 ONLY  
**10-DOME**  
9:30  
RISAT 7:15 ONLY **PG-13**  
**Born & Soft Drinks**

**BINGO**  
**HOLY ROSARY SCHOOL**  
 Every Friday 7pm  
 •Two - \$500 Jackpots • Pull tabs • Color  
 Raffle • Refreshments available  
 2727 N. 43rd Street (816) 842-4440 Fairmount City  
 License #8 1963

**Sts. Cyril & Methodius Eastern Orthodox Church**  
4770 MARYVILLE RD • GRANITE CITY  
**MONTHLY FISH FRY**  
**ICELANDIC COD AND CATFISH**  
**DINNER** \$4.75  
**SANDWICHES** \$3.50  
**FREE DESSERT AND COFFEE OR TEA WITH DINNER**  
**CARRYOUTS AVAILABLE**  
**FRIDAY, APR. 5 - 4 to 7 P.M.**

An advertisement for USA/China Buffet. The top half features a large starburst containing the text 'LUNCH BUFFET DAILY \$4.95' and '11 a.m. til 4 p.m.'. Below the starburst, a large panda bear is shown eating bamboo. The main text reads 'Area's Largest Chinese and American Buffet! COME DINE WITH US!' followed by 'Buffet Every Day Over 100 Items to Choose From With Changes Daily!' and 'ALL YOU CAN EAT! KIDS AGE 3 TO 5 ONLY 40¢ FOR EACH YEAR OF AGE'. To the right, a smaller starburst says 'Dinner Buffet Daily \$6.95 ALL YOU CAN EAT! KIDS AGE 6 TO 10: AT 1/2 PRICE WITH PAYING ADULT'. Below this is a large box containing a '\$1.00 OFF' coupon for a regular dinner buffet, valid until April 30, 1996. The bottom right corner features the phone number '876-4009' and logos for VISA and MasterCard.



## Community calendar

Our event calendar also includes entries for community groups and their normal meeting days. Such groups meet on the first Monday of the month, the first Tuesday of the month, etc. Readers are encouraged to call these groups if holidays or other days pose uncertainty.

Corrections, additions and deletions of information are encouraged and corrections may be added at anytime by calling the newsroom at 876-2000.

This calendar runs in every Wednesday's Journal.

### Wednesday, April 3

Disabled American Veterans Chapter 291 will offer a service officer from 1 to 3 p.m. at the Tri-City Veterans Home, located at 1417 19th St., in Granite City. Call 876-2016 for more information.

Pontoon Beach Senior Citizens bingo, noon, 3910 Illinois 111, Pontoon Beach.

Pulmonary Support Group, for persons with lung diseases, condition 11 a.m. to noon in 4-Doctors Solarium, St. Elizabeth Medical Center, 798-3019. Singles Connection will eat dinner at 6:30 p.m. at the new Cottontree Restaurant, formerly Mediterranean Taverna, located on Illinois 157, Call Linda at 656-3363 for more information.

At 7 p.m., 7-15 p.m., Gateway Foundation, 600 W. Lincoln Ave., Caseyville. Call 463-2429 for more information.

Alcoholics Anonymous, 11 a.m. to 3 p.m., 2116 Edison, Granite City, 1 (800) 307-6600.

Alcoholics Anonymous, 8 p.m. St. Elizabeth School's Alcoholics Anonymous, 8 p.m. Presbyterians Church, Mitchell, 1 (800) 307-6600.

Alcoholics Anonymous, 11 a.m. to 1 p.m., 2116 Edison, Granite City, 1 (800) 307-6600.

Overeaters Anonymous, 7:30 p.m. at First Christian Church, 2400 Illinois 99, Caseyville. For information, call 1 (314) 636-7821.

Granite City Community Band rehearsals, 7:30 to 9 p.m. St. John's United Church of Christ, 2901 Nameoki Road, Granite City, 931-0443.

Greater Beneficial Union of Pittsburgh, District 491, Granite City Council, meets 8 a.m. at Third Baptist Church, 28th Street and Grand Avenue in Granite City. James P. Reagan, president, can be reached at 283-7396; and Mary Solomon, secretary, can be reached at 436-9201.

Family and Seated Group Ministry, 7:30 p.m., Eden United Church of Christ, 903 Second Street, Edwardsburg, 656-9201.

Parents Anonymous Group meets 6 to 8 p.m. For information on where meeting will be held, call Elaine Landolt, 463-2714.

Madison Community Action Group, meets at 7 p.m. For more information call Dan at 452-2336 or Diane at 876-1360.

Thursday, April 4

Behavioral Health System will present a talk on "Signs and Symptoms of Adolescent Chemical Dependency" at 7:30 p.m. at the Edwardsburg Health Center, 1120 University Drive, Edwardsburg. The speaker will be Warren Neal. This talk is free and open to the public. Call 798-3882 for more information. School personnel are encouraged to

### United Methodist calendar

Niedringhaus United Methodist Church, 20th Street and Delmar Avenue in Granite City, has announced its Holy Week services.

On Thursday, April 4, a special Maundy Thursday service will be held at 6:30 p.m. The evening will begin with a communion dinner followed by a communion service. The meal and service will take place in Wesley Hall, the church's fellowship hall.

Good Friday, April 5, Niedringhaus will host the Community Good Friday Service, beginning at noon. At 7 p.m., the congregation will gather for a special Good Friday service led by the Rev. Bruce Rushing.

Easter Sunday, April 7,

begins with a sunrise service at 7:30 a.m. That service is followed by Easter breakfast in Wesley Hall. The children's Sunday school will participate in an Easter egg hunt at 9:30 a.m. The Chancel Choir, under the direction of Carolyn Jenkins, will present the Easter cantata "All Hail Jesus" during the 10:30 a.m. service.

The public is invited to attend any of the above mentioned services. More information can be obtained by contacting the church office at 877-4555.

Worship services are each Sunday at 8:30 a.m. and 10:30 a.m. Sunday school classes for children and youth Sunday at 9:30 a.m. Prayer service at 6:30 p.m. on Wednesdays.

**in the JOY of the morning**

3RD ANNUAL EASTER SUNRISE SERVICE HELD IN SUNSET MEMORIAL MAUSOLEUM CHAPEL

APRIL 7, 1996 6:30 AM

REV. SCOTT KROENER, PASTOR OF MITCHELL PRESBYTERIAN CHURCH, OFFICIATING

HIGHWAY 157  
Edwardsville  
656-3220

**SUNSET HILL**  
memorial estates

STEMSS (Support Together for Emotional and Mental Serenity and Sobriety), a support group for people with a physical illness and an alcohol or substance abuse problem, meets from 1:30 to 2:30 p.m. at Pascal Hall, St. Elizabeth Medical Center. Call 798-3604 for more information.

St. John United Church of Christ, 2901 Nameoki Road in Granite City, will hold Maundy Thursday services at 7:30 p.m. followed by a communion service for the confirmation service of foot-washing will be held. Services will conclude in darkness and silence.

Chouteau Township Senior Citizens, 9 a.m. to 2 p.m., Social Center, 606 Thorntage Drive, Mitchell.

Eagle Park Acres Seniors of Madison, meet at 10 a.m. to noon at 100 Hill Street, Eagle Park Acres, Madison.

Alcoholics Anonymous, 8 p.m., 2116 Club, 2116 Edison, Granite City, 1 (800) 307-6600.

Alcoholics Anonymous, 8 p.m., Presbyterians Church, 8 p.m., Presbyterians Church, Mitchell, 1 (800) 307-6600.

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## Senior menus

Donations for noon meals are \$2. Call day ahead for reservation, 877-4373.

Wednesday, April 3

Chicken patty, potato triangles, sliced carrots, bun, apple sauce.

Thursday, April 4

Easter egg, baked ham, sweet potatoes, green beans with mushrooms, dinner rolls, carrot cake with cream cheese icing.

Friday, April 5

Fried fish fillet, parsley potatoes, zucchini and tomatoes, rye bread, lemon pudding.

Monday, April 8

Bratwurst, German potato salad, mixed vegetables, bun, sliced pears.

Tuesday, April 9

Chicken stew, stewed vegetables, tossed salad, biscuits, tropical fruit.

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## BAC presentations to feature gardening, antiques

Gardening and antiques are the topics of two events sponsored by Belleville Area College's Programs and Services and Older Persons.

"Missouri Wild Flowers," a lecture and slide show featuring flowers from Missouri Botanical Garden will be held Wednesday, April 17, at PSOP's Belleville Multi-Purpose Center, 201 N.

Church Street. A box lunch will be served at noon, with the program beginning at 1:30 p.m.

The cost is \$5. Reservations are requested and should be made by April 12.

The other event is a five-week Antique and Collectible Class, which will be held five consecutive Tuesdays, beginning April 23.

The class, which runs from 10 to 11:30

a.m. each week, will be held in the Community Room of Bell Plaza I, 114 S. Church Street.

Each session will be hosted by a local antique dealer. The cost is \$10 for the five-week series. Reservations should be made by April 17.

For more information on both activities, call PSOP at 234-4410.

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BAKED HAM

ROAST PORK LOIN

FRIED CHICKEN

MASHED POTATOES

SWISS CHEDDAR CHEESE

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# Today's Food

Wednesday, April 3, 1996

## Food & Nutrition

### Wise Ways

Chicken's golden egg glitters with nonfat effects of removing yolks.  
INSIDE

### Heart-y Bites

Familiar traditions of spring permeate religious and cultural holidays.  
INSIDE

### Blue Ribbon Cook

An old favorite springs with freshness as it meshes fruity flavors in an easy potluck dessert.  
INSIDE

### Private Label Test Run

Testers try two of the varieties of Schneiders thick and chunky pasta sauce with their families.  
INSIDE

### Micro Raves

New-wave Easter treats please kids of all ages with nesting instincts.  
INSIDE

### Lively Taste

For a spicy ham glaze, combine 1 cup firmly packed brown sugar, 1/3 cup white vinegar, 1/4 cup water, 4 cinnamon sticks and 2 teaspoons whole cloves in small saucepan. Simmer 15 minutes. Remove spices. Use as glaze, basting ham frequently last 30 to 45 minutes of baking.

## Health & Fitness

### Medicine Chest

Nearly 50 million Americans have high blood pressure. It is called the "silent killer" because it prematurely ages arteries and can lead to stroke, heart attack and kidney failure, often without warning. Take advantage of blood pressure checks at supermarkets and other public places by professionals, to help avoid a sneak attack.

### Fresh Picks

Peaches -- fresh ones now come from Chile -- are a sweet side dish baked with ham. During last 20 minutes of baking, surround the ham with ripe peaches, peeled and halved, cut-side down and tops sprinkled with cinnamon-sugar.

### Big Fat Tip

Turkey breast is a low-fat alternative to ham. It goes well with ham glazes, particularly fruity ones. Combined orange juice and honey, with or without chunks of pineapple, flavors turkey well. Play other flavor notes by adding Dijon mustard, soy sauce or ginger.

### Future Shop

EatZi's opened in Dallas, Texas, in time to show off to food folks at the Pillsbury Bake-Off. It is an idea expected to catch on across the country by franchise and in supermarkets. This modern deli is located in an upscale neighborhood with lots of town houses and working residents nearby. An on-site -- and big aroma -- bakery with samples and a small area with tables welcomes shoppers. They can choose individual ready-to-warm or eat meals or have one custom-made from a grill, seafood counter, produce or fresh pizza shelves and add a drink of fresh coffee, tea or spirits of choice. Elements are prepared on sight. A wall of lettuce lets salad lovers pick their produce from simple and exotic varieties.



## Funny Bunny

By Janice Denham  
Staff writer

The bunny may give up hiding real eggs as the family grows up, but Easter treats still will peep out of pretty baskets.

Sweets add easy decorations. Colored or clear plastic wrap adds sheen to individual servings and keeps them intact for dessert or a snack that day and beyond.

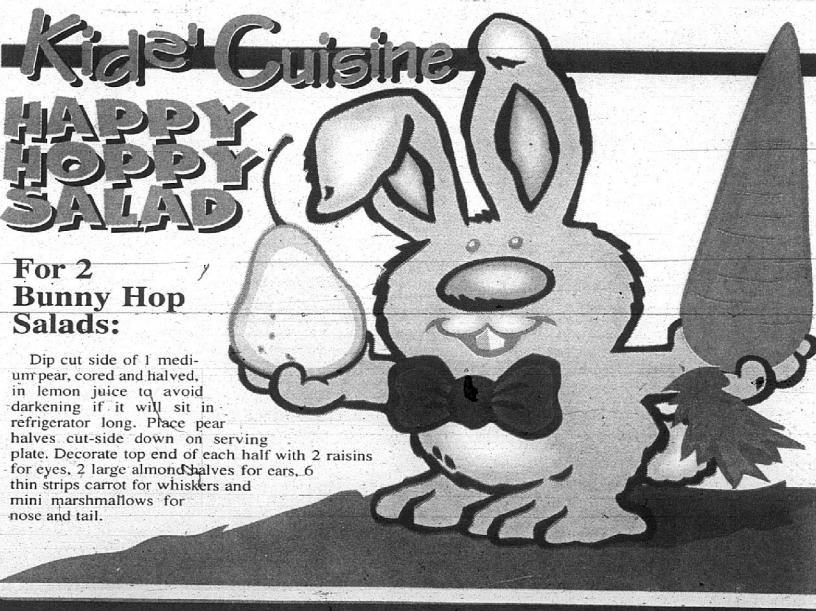
Try pastel hues of jelly beans or other candy to match the colors favored in real eggs. According to a poll by Heinz vinegar, 36 percent of families across the country reach for blue first when dyeing eggs. Next-favored colors are purple and pink, then yellow, green, red and orange.

When hard-cooking eggs, add 2 tablespoons white vinegar per quart of water for better peeling. Peeling also is easier if older eggs -- about two weeks in the refrigerator -- are cooked.

For easy basket filling, nestle a row of marshmallow baby chicks and bunnies in a field of shredded coconut tinted green by tossing with food coloring. Frosting stabilizes elements that want to hop around.

For a gardener's basket, add packets of seeds, gardening tools and small clay pots filled with wrapped marshmallow candy and jelly beans. A sports fanatic may find a combination of tickets,

SEE BUNNY, INSIDE TODAY'S FOOD PAGE 2



# Today's Food

## Private Label Test Run



Ready-to-use sauce has become many cooks' choice as a base for family meals of Italian pasta.

## Sauces add Italian flavor to pleasing, tasty pasta

It may not be the same as long-simmered pasta sauce from an Italian cook's stove, but ready-to-use pasta sauces come closer to it all the time.

This week's testing was for two of the first varieties of Schnucks thick and chunky pasta sauce. This time testers served it to their families as they would a national brand of sauce. The sauces were resounding successes.

They also prepared sauces like this a lot and would definitely buy this one again," a tester said.

"I used the Schnucks mushroom and diced tomatoes sauce to make spaghetti and meatballs. My daughter and I ate the pasta and said we liked the sauce a lot."

The flavor notes were a little sweeter than the sauce she usually buys, but she "really" liked it.

I liked the consistency, too, as it was not in the least runny or thin," she said.

A second taster uses prepared pasta sauce at least once a week, sometimes with meatballs, other times — like this one — over ravioli.

A 22-ounce jar costs 40 to 60 cents less than national brands at regular price.

The other three varieties are mushroom and diced onion, mushroom and green pepper, and tomato, onion and garlic.

Among the five varieties, a  $\frac{1}{2}$ -cup serving has a range of 2 to 4 grams fat, 8 to 10 grams sugar and 80 to 100 calories. Each has 3 grams dietary fiber.

## Recipe

### COCONUT HONEY BALLS

- 3 qt. popped popcorn
- $\frac{3}{4}$  cup coconut, toasted
- $\frac{1}{2}$  cup honey
- $\frac{1}{2}$  tsp. cinnamon
- Pinch salt
- 3 tbsp. butter or margarine

Preheat oven to 250°. Place popped popcorn in shallow pan lined with aluminum foil. Keep warm in preheated oven.

Spread coconut in shallow baking pan. Toast in oven,

stirring once, 8 to 10 minutes.

Combine honey, cinnamon and salt in small saucepan. Heat to boiling. Boil 2 to 3 minutes, stirring constantly. Add butter. Stir until melted.

Pour honey mixture over popcorn. Add coconut. Toss to coat well.

To make balls, place 1 cup mixture in center of 8-inch square of colored plastic wrap. Shape into balls. Twist wrap and tie securely.

Makes about 10 popcorn balls.

**Bunny**

Continued from page 1C. cap, jersey and pennant for a favorite team, plus a mug filled with candy.

The person who does not like sweets can receive a basket of bagels which can be covered in colored plastic wrap. Slide in silk tulips along the edges. Tuck in tubes of flavored cream cheese which have been refrigerated up to the last minute.

Here are other ideas for sweet treats that jump right into baskets.

### CARROT CUPCAKES

- $\frac{3}{4}$  cups flour
- 1 cup packed brown sugar
- 1 tsp. baking powder
- 1 tsp. baking soda
- 1 tsp. cinnamon
- $\frac{1}{2}$  tsp. salt

Preheat oven to 350°. Place 12 Easter paper baking cups in muffin pan.

In large bowl, whisk or stir together flour, brown sugar, baking powder, baking soda, cinnamon and salt.

In medium bowl, blend carrot, applesauce, oil, egg and vanilla. Add to flour mixture. Stir well.

Spoon batter into baking cups, filling two-thirds full. Bake in preheated oven 20 to 25 minutes until toothpick inserted in center comes out clean.

Cool cupcakes in pan 10

## Wise Ways

By LINDA S. BLUMENBERG

## With a little assistance, hen 'lays' yolk-free eggs

Although the little red hen is unlikely to recognize them as her progeny, what many of us call egg substitutes are, in fact, eggs. The term "yolk-free egg product" is more accurate and descriptive because yolks are removed, but the egg white remains.

Tinkering with mother nature results in a low-fat or even fat-free, cholesterol-free product that is still an excellent source of high-quality protein.

All the fat and cholesterol in eggs are in the yolk. The yolk is fat- and cholesterol-free. Ingredients like nonfat milk, a dab of vegetable oil, artificial color, vitamins and minerals are added to the whites to rescue some of the flavor and appearance of the yolk.

Folks who carefully watch the amount of fat or cholesterol they eat can enjoy egg-rich dishes such as quiche, scrambled eggs and French toast by making them with yolk-free egg product instead of whole eggs out of the shell.

Another plus for yolk-free egg products is they are pasteurized so they are ready to eat. Some are traditionally eaten after cooking, such as eggnog and some kinds of ice cream. People with compromised immune systems, such as during chemotherapy, also can use egg products safely.

However, yolk-free egg product still can become an excellent home for bacteria. Pasteurized egg products are recommended for recipes traditionally eaten after cooking, such as eggnog and some kinds of ice cream. People with compromised immune systems, such as during chemotherapy, also can use egg products safely.

Certified home and consumer scientist Linda Blumenberg is nutrition specialist with University Extension (University of Missouri) in Montgomery County.

After the package is opened, so it should be refrigerated and used within the time limit the manufacturer recommends.

It comes frozen or refrigerated. I have found cartons of refrigerated egg product next to fresh eggs, as well as in the dairy cases at grocery stores. Frozen products have a long shelf life when kept at temperatures lower than 10° F. Check freshness dating on cartons of both types of products.

Frozen egg product can be thawed safely in a refrigerator or an unopened carton can be placed under cold running water. Once thawed, use within a day or two.

Ham and Cheese Strata makes a delicious main dish for a special spring brunch. Put it together the night before to let the bread soak up all the egg mixture. The next morning, just pop it in an oven to bake while preparing the rest of the meal.

Coat large nonstick skillet with nonstick cooking spray. Place bread in dish. Spoon mushroom mixture over bread. Sprinkle with ham and cheese.

Coat 9-by-13-inch baking dish with nonstick cooking spray. Place bread in dish. Spoon mushroom mixture over bread. Sprinkle with ham and cheese.

In a small bowl, stir together egg product, milk, thyme, dry mustard, pepper and salt. Pour over layers in dish. Refrigerate, covered, 8 hours.

Preheat oven to 325°.

Let dish stand at room temperature 20 minutes before baking. Bake, covered, in preheated oven 1 hour.

Yields 10 servings; 237 calories, 4 g fat (16 percent from fat), 19 mg cholesterol, 543 mg sodium and 221 mg calcium each.

## HAM AND CHEESE STRATA

4 cups sliced fresh mushrooms

## Heart-y Bites

## Spring symbols extend to Christianity's Easter

Long before Christianity, northern Europeans held a festival in honor of Eostre, the goddess of springtime. Some traditional symbols of this time of year, like the egg, are used both as religious and cultural customs.

One of the oldest symbols of spring, an egg's oval shape is the same as both a rainbow and the sun, two life-giving substances. Primitive people saw the egg as a promise of new life.

When Jews celebrate the Seder, a ritual meal observing the Passover story of the Jewish exodus from Egypt, a roasted egg and a shankbone are on a plate. They symbolize animal sacrifices in ancient times.

Christians kept the name Easter, meaning "new beginnings," to recognize the day their Messiah, Jesus Christ, rose from the grave.

Colored eggs became part of the tradition in the 15th century. They were rolled out of the customary deviled or creamed eggs.

Hard-cooking removes the shell's protein coating, so cool hard-cooked eggs immediately after cooking, refrigerate and use them within 1 week. No perishable food, like hard-cooked eggs, should be left at room temperature more than 2 hours.

Registered dietitian

Becky Blair is a member of the nutrition committee of the American Heart Association, St. Louis Chapter.

$\frac{3}{4}$  cup chopped green onion

$\frac{1}{2}$  cup chopped red bell

pepper

$\frac{3}{4}$  cup dry white wine

1 loaf (1 lb.) French

bread, cut or torn in

bite-size pieces

$\frac{1}{2}$  cup reduced-fat, low-salt

ham

1 cup (4 oz.) shredded

reduced-fat Swiss cheese

1/2 cups yolk-free egg

product

1/2 cups skim milk

1/2 tsp. thyme

1/2 tsp. dry mustard

1/2 tsp. pepper

1/8 tsp. salt

Coat large nonstick skillet

with nonstick cooking spray. Place over medium-high heat until hot. Sauté mushrooms, onion and red pepper until tender. Stir in white wine.

Coat 9-by-13-inch baking dish with nonstick cooking spray. Place bread in dish. Spoon mushroom mixture over bread. Sprinkle with ham and cheese.

In a small bowl, stir together egg product, milk, thyme, dry mustard, pepper and salt. Pour over layers in dish. Refrigerate, covered, 8 hours.

Preheat oven to 325°.

Let dish stand at room temperature 20 minutes before baking. Bake, covered, in preheated oven 1 hour.

Yields 10 servings; 237 calories, 4 g fat (16 percent from fat), 19 mg cholesterol, 543 mg sodium and 221 mg calcium each.

## Dessert tags along for potluck

Erla Siebel, Washington, is the winner of this week's recipe contest for Pineapple-Cherry Cake. She wins a prize of dinner certificates from the Pasta House Co.

Recipes in this month's Mom's Best Dish Recipe Contest should be postmarked by April 30 for consideration as winner during May. Everyone has fond memories of a favorite food Co.

One recipe per household can be sent to: Mom's Best Dish Recipe Contest, St. Louis Post-Dispatch, 1714 Deer Tracks Trail, St. Louis, Mo. 63131. May has the bonus of five Wednesdays, so there will be an extra prize awarded, one each week.

## PINEAPPLE-CHERRY CAKE

1 can (15 oz.) crushed

pineapple

1 can (20 oz.) cherry pie

filling

1 box (2 layer) yellow

cake mix

1 cup chopped pecans or

walnuts

1/2 cup (1 stick) margarine

or butter

Preheat oven to 350°.

Grease 13-by-9-inch pan. Spread pineapple with juice evenly in prepared pan. Add pie filling on top. Pat dry cake mix evenly over filling. Sprinkle top with nuts. Cut margarine in thin pats and lay over nuts.

Bake in preheated oven 30 minutes or until top is golden brown.

## MODIFIED SCOTCH EGGS

12 hard-cooked eggs, peeled

1/4 cup yolk-free egg

product

1/2 cup dry bread crumbs

1/2 tsp. Italian seasoning;

or blend of oregano,

basil and thyme

1/2 tsp. crushed fennel seed

2 cloves garlic, minced

Preheat oven to 450°.

Mix together turkey, Italian

seasoning, fennel seed and garlic. Divide into 12 portions. Shape into patties.

Completely wrap each

in a turkey patty. Press edges together to seal. Dip wrapped in egg product. Roll in bread crumbs to coat completely.

Place eggs in ungreased

15-by-10-inch jellyroll pan.

Bake in preheated oven 30 minutes or until meat is thoroughly browned and cooked.

12 hard-cooked eggs, peeled

1/4 cup yolk-free egg

product

1/2 cup white confectionery

coating pieces or 6 oz.

white candy coating

cup each pink, yellow,

green, violet, yellow,

white confectionery coating

pieces

Waxed paper. In small

bowl, melt white coating following package directions.

One at a time, dip top of

cookies in coating. Shake off excess. Place on cookie sheet lined with waxed paper. Refrigerate about 10 minutes until coating is set.

In separate small bowls,

mix remaining coating pieces according to directions. Use the following techniques for painting coated cookies.

Wrap several cookies in colored plastic wrap. Place in baskets.

Makes about 24 cookies.

Sponge Painting: Dip

clean dry sponge in one of

the colors of melted coating.

Drop sponge onto waxed

paper to remove excess.

Lightly dab top of cookies with sponge. Repeat with 1 or 2 other colors.

## EASTER MINI-CAKES

1 pkg. (10.75 oz.) frozen pound cake, thawed

2 cups confectioner's sugar

3 to 4 tbsp. milk

Food coloring

Flavored extract to taste

3 oz. gourmet jelly beans

Trim dark crust from top

and sides of cake. Cut in

halves horizontally. Using

3/4 cup cookie cutter, cut 3

mini-cakes from each half

of cake. Place on wire rack over large bowl.

In another large bowl,

stir confectioner's sugar and milk until smooth. Tint with food coloring and flavor extract by the drop as desired.

Spoon icing over cakes, letting excess drip into bowl. Spoon extract icing over cakes, too. Decorate with jelly beans. Refrigerate about 20 minutes until icing is set.

Place mini-cakes in Easter paper baking cups. Wrap in colored plastic wrap.

Makes 6 mini-cakes.

Flavored Icing: For

lemon, use yellow food

coloring and lemon extract, or

lemon-flavored confectioner's sugar by itself. For mint, use green food

coloring and mint extract. For

cherry, use red food

coloring and cherry extract. For orange, use red and yellow

food colorings and orange

extract. For strawberry,

use strawberry-flavored

confectioner's sugar by itself.

For mint, use green food

coloring and mint extract. For

cherry, use red food

coloring and cherry extract.

For orange, use yellow food

coloring and orange extract.

For strawberry, use red food

coloring and strawberry extract.

For mint, use green food

coloring and mint extract.

For cherry, use red food

coloring and cherry extract.

For orange, use yellow food

coloring and orange extract.

For strawberry, use red food

coloring and strawberry extract.

For mint, use green food

coloring and mint extract.

For cherry, use red food

coloring and cherry extract.

For orange, use yellow food

coloring and orange extract.

For strawberry, use red food

coloring and strawberry extract.

For mint, use green food

coloring and mint extract.

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coloring and cherry extract.

For orange, use yellow food

coloring and orange extract.

For strawberry, use red food

coloring and strawberry extract.

For mint, use green food

coloring and mint extract.

# Today's Food

## Set ham on Easter table with fresh food outlook

While family traditions meal vary from place to place, the smoky country flavor of a bone-in ham brings old-fashioned elegance to any celebration.

Some people carve for tradition, while others fill plates quickly and easily with pre-sliced ham.

Either way, ham offers a base that can be individualized. The mild, appealing flavor of ham blends with the sweet tastes of honey, molasses and fresh or dried fruit, as well as savory flavors like herb and seasoning blends.

When serving bone-in ham, plan on two to three servings per pound. Boneless ham yields four to five servings per pound.

Most hams are fully cooked; the label will say so. Preparation involves three simple steps: Unwrap, heat it to an internal temperature of 140° and serve. Just follow directions on the label, and heat in a moderate (325° to 350°) oven.

Ham labeled "cook before eating" should be roasted at an internal temperature of 160°. A meat thermometer can determine doneness. Plan on cooking uncooked ham 30 minutes per pound.

A holiday ham should be refrigerated within two hours of serving. Refrigerated leftovers can be enjoyed up to seven days.

To spring into an entertainment mood, serve on side dishes that can be prepared early, so — like ham — they need only a gentle warming that day.

### HAM WITH HONEY-APRICOT GLAZE

1 to 14 lb. fully-cooked ham, spiral-sliced if desired  
1 cup honey  
1 can (6 oz.) frozen orange juice concentrate, thawed  
1/2 cup soy sauce  
1/2 cup apricot jam  
1/2 tsp. nutmeg  
1/4 tsp. cloves

Preheat oven to 325°. In medium bowl, mix together honey, fruit concentrate, soy sauce, jam, nutmeg and cloves.

Place ham on rack in shallow roasting pan. Bake in preheated oven 30 minutes.

Pour glaze over ham.

Continue to bake a total of 1 to 1 1/2 hours until ham is heated through.

Makes 4 servings; 154 calories, 22 g protein, 5 g fat, 1,136 mg sodium and 47 mg cholesterol each.

### PEACH CHUTNEY

Coarsely chop 1 can (1 pound) sliced peaches in natural juices. In large skillet, mix with 1 cup cider vinegar, 1/2 cup brown sugar, 1/2 small onion (minced), 1 apple (peeled, cored, coarsely chopped), 1 teaspoon pickling spices and juice of 1/2 lemon. Simmer 20 minutes or until thickened slightly. Cool. Serve cold or at room temperature.

Makes 2 cups, 24 calories per tablespoon.

### TINY PEAS WITH MINT

In medium saucepan, melt 2 tablespoons butter over low heat. Gently cook 1 cup diced onion and 1 1/2 teaspoons grated lemon zest, stirring occasionally, about 4 minutes until onion is soft.

Add 2 carton (10 ounces each) frozen tiny peas thawed. Stir to combine completely. If desired, season with salt and pepper. Cook, stirring, about 5 minutes until peas are heated through.

Stir in 1 tablespoon chopped fresh mint. Serve immediately.

Makes 8 servings; 88 calories, 3 g fat, 109 mg sodium and 8 mg cholesterol each.

### SPINACH-STRAWBERRY SALAD

8 cups fresh spinach leaves, stems removed, washed  
1 pt. strawberries, hulled, washed, sliced  
1/4 cup sliced almonds, toasted  
4 tbsp. olive oil  
4 tbsp. raspberry vinegar  
1 tsp. Dijon mustard  
Pinch nutmeg  
Freshly ground pepper to taste

Tear dry spinach leaves in bite-size pieces. In serving bowl, toss with strawberries and almonds.

In small dish, whisk together oil, vinegar, mustard, nutmeg and pepper. Toss with dressing. Serve immediately.

Makes 8 servings; 102 calories, 9 g fat and 53 mg sodium each.

### Recipe

#### WILD RICE STUFFING

1 cup finely chopped onion  
1/2 cup finely chopped celery  
1 tbsp. finely chopped garlic  
Salt and freshly ground pepper to taste  
2 tbsp. unsalted butter or margarine  
2 cups cooked chopped fresh spinach, or 1 cup frozen, thawed, drained  
1 cup cooked pearl onions or 1 pkg. (8 oz.) frozen pearl onions, thawed, drained  
2 cups cooked wild rice  
2 cups cooked white rice  
1/2 cup toasted chopped pecans  
1 tbsp. minced fresh or 1 tsp. dried rosemary  
1 tbsp. minced fresh or 1 tsp. dried thyme, crumbled

In skillet over moderate heat, saute onion, celery and garlic in butter, stirring occasionally, 5 minutes or until vegetables are soft. Add salt and pepper.

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45	F	\$10.01	\$12.70	\$29.15	\$39.15
50	M	\$12.10	\$18.79	\$30.21	\$54.38
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### RATATOUILLE

To fix a meal that says "summer" any time of year, include fresh vegetables.

In skillet, combine 3 cups zucchini, 1 green pepper and 1 onion, both chopped, and 1 clove garlic, minced. Add 1/2 teaspoon salt or sea salt, if desired. Add 1/4 cup olive oil. Sauté over medium heat 5 minutes.

Add 2 tablespoons chopped fresh parsley and 2 tomatoes, chopped. Cook, covered, over low heat 15 minutes.

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UNITY HEALTH NETWORK

# Todays' Food

## Micro Raves

By SANDRA HOUNSOM

## Easter bunny fills nest with microwave treats

Easter baskets usually overflow with candy, homemade or purchased from a store.

Years ago people would hide real hard-cooked eggs for little ones to find, sometimes for prizes. Now we realize hard-cooked eggs can pose a health threat if held at room temperature too long. Plastic eggs with candy or prizes inside are now the "egg" of choice.

As happens with most food items in today's supermarket, the price of candy to put in the basket has gone up while the size of the package has gone down.

Today's cook can be creative with a microwave oven and make some treats for the Easter basket. There is nothing home-made-looking about the results either, because the task is easy and rewarding.

White or pastel-colored candy coating blocks and/or wafers can be bought wherever cake decorating supplies are sold. If a supermarket does not carry them, vanilla baking chips can be used when stabilized with a small amount of shortening.

Place 1 1/2 pounds candy coating (or one 12 ounce package vanilla chips plus 1 tablespoon shortening) in

a 2-quart microwave-safe casserole. Microwave on medium (50 percent) power 4 to 6 minutes, stirring every 2 minutes. Chips or wafer pieces do not appear melted until stirred. They are easily scorched, so stir often because it is the only way to confirm the point when they are melted. Start checking at the minimum amount of time.

When mixture can be stirred smooth, fold in 2 cups jelly beans. Pour immediately onto waxed paper, spreading to 1/4- to 1/2-inch thickness. Let set or chill. Break into pieces. Store in cool, dry place.

For the preschool set, nest jelly beans in easy marshmallow and cereal treats.

Line a 3-quart casserole, melt 1/2 butter or margarine (1 stick) or high power 30 to 45 seconds. Meanwhile, crush 3 large shredded wheat biscuits.

When butter is melted, stir in 1 package (10 ounces) marshmallows. Micro-

wave 1 to 2 minutes until melted and marshmallows can be stirred smooth. Stir in crushed wheat cereal. When mixture is cool enough to handle, shape about 1/4 cup into a nest, making an indentation in the center. Place on waxed paper and set aside.

Add more jelly beans to the nest. Wrap in plastic wrap before adding to an Easter basket. Makes up to 8 nests, depending upon size of each.

To make chocolate nests, use 1/2 pounds chocolate-flavored wafers, candy-coating, either semisweet or milk chocolate, and stir in 2 cups dry Chinese noodles. Shape into nests and add jelly beans, as above.

Home economist Sandra Hounsom specializes in microwave cooking.

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Call Memorial's Marsh Cardiovascular Unit at (618) 257-5036. The Wound Care and Limb Preservation Clinic is held on Tuesdays from 8 a.m. to noon in Memorial's Physical Therapy Department.

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8:00 - 9:30 A.M. Breakfast -

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**• Winners will appear on KPLR-TV's St. Louis 11 Kids Club in June.**  
**• All posters will be displayed at the Humane Society of Missouri's BARK in the PARK on June 9, 1996 at Queeny Park.**

**Contest Rules:**

1. Posters must feature at least one animal and must be the original work of the entrant.
2. Posters must be 8 1/2" x 11" on a white sheet of paper.
3. The entries must be limited to pencils, watercolors, crayons, colored pencils, markers or any combination of the previously mentioned. No glitter, fluorescent colors or 3-D components.
4. Participants may enter as many times as they wish. Each entry must be accompanied by a completed entry form and the entrant may only win one grand prize.
5. Entries must be postmarked by May 11, 1996 or dropped off at the Humane Society of Missouri (1210 Mackland Avenue) by 5:00 p.m. on May 11, 1996.
6. All entries will be reviewed by the Suburban Journals and the Humane Society of Missouri which reserves the right to reproduce, publish or exhibit posters. Posters will be available for pick up of the Humane Society of Missouri's BARK in the PARK from 10:00 a.m. to 4:00 p.m. at Queeny Park on June 9, 1996. No posters will be returned by mail.
7. One winner in each age category (ages 5-7, 8-11, 12-14) will be chosen in each of the three Suburban Journals. A total of 21 winners will be chosen in twenty-one (21) winners. By entering this contest, winners consent to having their posters displayed by the Humane Society of Missouri and at BARK in the PARK for other promotional purposes, as well as having their entries reproduced on a compilation CD-ROM and for use by the Humane Society of Missouri.
8. Employees, family members and friends of the Humane Society of Missouri, Suburban Journals, Frank's Nursery & Crafts, and KPLR-TV's St. Louis 11 Kids Club are not eligible to enter the contest.
9. Contest winners will be notified by May, 20, 1996.

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Name of Parent or Guardian \_\_\_\_\_

School \_\_\_\_\_

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Daytime Phone \_\_\_\_\_ (Evening) \_\_\_\_\_

Do you have a pet? Yes \_\_\_\_\_ No \_\_\_\_\_

Pet's Name \_\_\_\_\_

Type of Pet \_\_\_\_\_

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Any Questions, call 314/647-8800

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### FEELING FIT

By Mark Lymboropoulos

Exercise really does keep the body "young". In NASA studies, researchers found that people who exercise during space flights stay younger longer than those who don't.

Outer-thigh and gluteal stretch tests, good after a workout. Lie on your back with the right leg bent, foot on the floor. Rest the knee against the chest and pull the thigh and pull it gently to the body. Hold 30 seconds and repeat, stretching a bit more each time.

Old-fashioned soft sneakers may be fashion's darling these days— even for evening wear—but don't try to use them for sports. They're not as comfortable as they are.

Sports injury? Remember RICE—Rest the injured part, apply ice, use Compression (an Ace bandage, perhaps) and Elevate the injured part above heart level. Wait at least 48 hours before applying heat.

Working out on an exercise bike can offer the same aerobic benefits as swimming or running if you get in at least 30 minutes of exercise each day. The workouts should get longer and more difficult with increased resistance on the flywheel.

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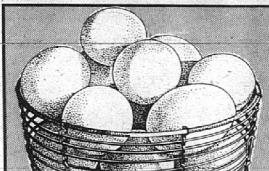
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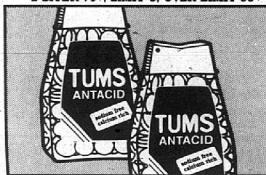
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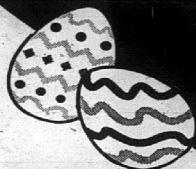
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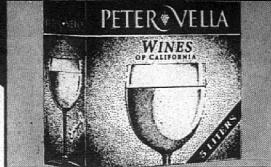
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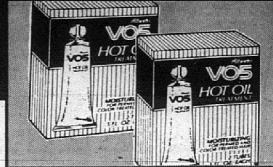
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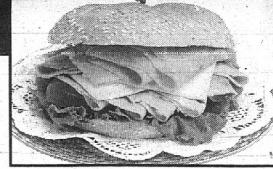
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**Tylenol Extra 449**  
50-CT. PKG.

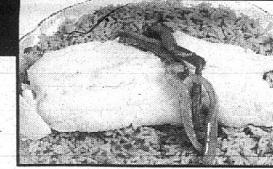
Bakery, Seafood & Deli  
**VALUES!**

Deli,  
Bakery  
& Seafood  
not available  
at all stores



Eckrich Virginia  
Baked Ham

**399**  
lb.



Orange Roughy  
Fillets

**499**  
lb.

99% FAT FREE  
**Jennie-O Turkey  
Breast..... 299**  
lb.

ITALIAN BEEF, CORNED  
BEEF, PASTRAMI OR  
**Swift  
Roast Beef..... 399**  
lb.

AMERICAN OR MUSTARD  
**Mickelberry  
Potato Salad.... 99¢**  
lb.

Whole  
**Whiting..... 139**  
lb.

Mickelberry  
Crab Dip..... 399  
lb.

VARIETY  
**Fresh Baked  
Dinner Rolls..... 169**  
12-CT. PKG.

Fresh Baked  
Rye Bread..... 99¢  
16-OZ.  
LOAF

8 INCH SINGLE LAYER  
**Easter  
Decorated Cake... 299**

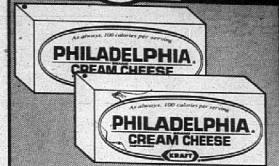
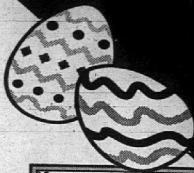
TRISH BROWN'S  
**SEVERE  
WEATHER  
SAFETY  
GUIDE**

**FREE**  
ONLY AT SHOP 'N SAVE!  
WHILE SUPPLY LASTS

4  
THE VISION OF ST. LOUIS.  
Trish Brown  
Chief Meteorologist



# Easter Values STOCK UP AND SAVE



REGULAR OR LIGHT  
Kraft Philly  
Cream Cheese

**77¢**  
8-OZ.  
BRICK



ASSORTED VARIETIES  
Kraft Shredded  
Cheese

**139**  
8-OZ. PKG.



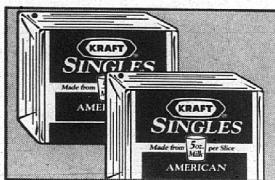
REGULAR, LIGHT OR FREE  
Kraft Miracle  
Whip Dressing

**169**  
32-OZ. JAR  
LIMIT 2



FAC, FRENCH ROAST OR LITE  
Maxwell House  
Coffee

**399**  
24-26 OZ. CAN



PRE-PRICED \$1.99  
Kraft American  
Singles

**149**  
12-OZ. PKG.



Post Grapenuts  
Cereal

**2/\$4**  
24-OZ. BOX



ASSORTED VARIETIES  
Kraft  
Salad Dressings

**2/\$3**  
16-OZ. BTL.



ASSORTED VARIETIES  
Kraft Macaroni  
& Cheese

**2/\$1**  
7-7.3 OZ.  
PKG.

14 OZ. KRAFT DELUXE MAC. & CHEESE 2/\$3



ASSORTED VARIETIES  
Jello  
Pudding

**2/\$1**  
8-3.4  
OZ. BOX



ASSORTED VARIETIES  
Minute Rice

**99¢**  
14-OZ.  
BOX



PRE-PRICE \$2.39  
ASSORTED VARIETIES  
Kraft Mayonnaise

**169**  
32-OZ. JAR



ASSORTED VARIETIES  
Velveeta Shells  
& Cheese

**2/\$3**  
9.4-12 OZ.  
PKG.

ASSORTED VARIETIES  
Kraft Chunk  
Cheese..... **139**  
8-OZ. PKG.

ASSORTED VARIETIES  
Jello  
Gelatin..... **3/\$1**  
3-3 OZ. BOX

JET PUFF OR MINIATURE  
Kraft  
Marshmallows... **69¢**  
10-OZ.  
PKG.

Oscar Mayer  
Bacon Bits..... **119**  
3-OZ. PKG.

PRE-PRICED \$3.99  
Kraft Velveeta  
Cheese..... **379**  
2-LB. LOAF

Post Blueberry  
Morning Cereal.. **2/\$4**  
13.5-OZ.  
BOX

Post Honeycomb **3/\$5**  
Cereal..... 10-OZ. BOX

Kraft Grated  
Parmesan..... **299**  
8-OZ. CAN

STAGGER PACK  
Kraft American  
Cheese..... **599**  
3-LB. PKG.



Kraft Miniature Marshmallows



All Easter Cards  
**DISCOUNTED**  
**20%**

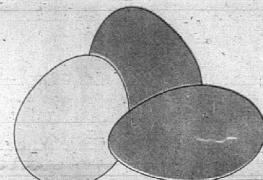
FROM MANUFACTURER'S MARKED PRE-PRICE



6-INCH MUM \$5.98 4-INCH VIOLETS \$2.28

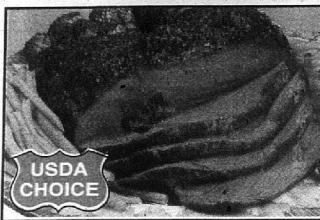
Beautiful 6-inch  
**Easter Lily**  
**598**  
EACH

04033A



# Total Value! FOR EASTER DINNER

**SLICED FREE!**

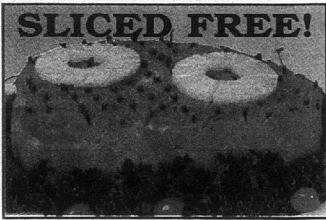


USDA CHOICE  
Boneless Bottom  
Round Roast  
**189**  
lb.

WHOLE 10-12 LB. AVG.  
Mickelberry,  
Kretschmar, or Field  
Boneless Ham

**119**  
lb.

LIMIT 1 BONELESS HAM, ANY  
VARIETY WITH \$25.00 ADDITIONAL PURCHASE  
EXCLUDING HAM, 24-PACK SODA, LIQUOR  
AND TOBACCO



WHOLE, 6-8 LB. AVG.  
Maple River or Hunter  
Boneless Ham  
**79¢**  
lb.

LIMIT 1 BONELESS HAM, ANY VARIETY WITH  
\$25.00 ADDITIONAL PURCHASE EXCLUDING HAM,  
24-PACK SODA, LIQUOR AND TOBACCO

ALL VARIETIES  
R.B. Rice  
Pork Sausage.....  
POTATO, MACARONI  
OR COLE SLAW  
Green Hill  
Salads.....  
FISH STICKS  
OR PORTIONS  
Gortons Value  
Pack Fish.....

**189**  
1-LB. ROLL  
**2/\$4**  
2-LB.  
CTN.  
**299**  
24.5-OZ. PKG.

ALL VARIETIES  
Buddig Wafer  
Sliced Meats...  
PATTIES OR CHUNKS  
Tyson Boneless  
Chicken.....  
REDI-SERVE  
On Cor Chicken  
Fried Steaks.....

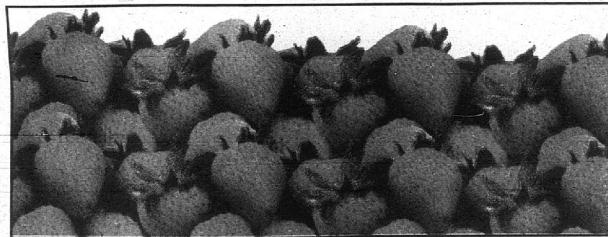
**2/109**  
2.5-OZ. PKG.  
**2/\$5**  
10.5-OZ. PKG.  
**159**  
1-LB. PKG.

FRESH LITE  
Field  
Ham Sausage....  
REGULAR, LITE OR POLSKA  
Hillshire Smoked  
Sausage.....  
CHUNK  
Kahns  
Braunschweiger..

**139**  
1-LB. ROLL  
**199**  
lb.  
**159**  
1-LB. PKG.

19-22 LB. AVG.  
Cook's Whole  
Bone-In Ham....  
CHOPPED HAM OR  
Oscar Mayer  
Ham & Cheese....  
LINKS  
Oscar Mayer  
Pork Sausage....

**79¢**  
lb.  
**2/\$4**  
1-LB.  
PKG.  
**279**  
lb.



CALIFORNIA

**Sweet-Ripe Strawberries**  
**HALF**  
**FLAT**  
EQUAL TO  
6 PINTS  
**388**  
LIMIT 2

LOUISIANA  
Yams.....  
MEDIUM  
Yellow  
Onions.....  
CALIFORNIA  
Green  
Onions.....

**43¢**  
lb.  
**98¢**  
3-LB.  
BAG  
**3.98**

U.S. NO 1  
Baker  
Potatoes.....  
CALIFORNIA  
Lemons.....  
The Finest Quality  
& Selection!

**58¢**  
lb.  
**3.98**

WASHINGTON STATE  
EXTRA FANCY  
Red or Golden  
Delicious Apples  
NORTHWEST  
Anjou  
Pears.....  
REGENCY  
Strawberry  
Glaze.....

**78¢**  
lb.  
**78¢**  
lb.  
**78¢**

Try These  
Exotic Varieties!  
NOT AVAILABLE AT ALL STORES  
DEL MONTE  
Chunk Pineapple.....  
HASS, 48-COUNT  
Avocados.....  
MANN'S  
Vegetable Medley.....  
Bean Sprouts.....  
FRESH  
Sno-Peas.....  
FRESH  
Bunch Carrots.....

**1.98**  
1-LB. PRO.  
**78¢**  
EACH  
**2.68**  
1-LB. BAG  
**78¢**  
lb.  
**2.98**  
lb.  
**78¢**  
BUNCH

Fruits & vegetables  
5 a Day-for Better Health!

**Shop 'n Save**

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GUARANTEE  
WITH PROOF OF PURCHASE

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All Wheel Drive  
A/C, Dual A/Bags, Stereo, R. Rack & More.  
Sle. #625

ONLY \$12,759

## 96 LEGACY 4-DR.

All Wheel Drive  
A/C, Dual A/Bags, PW  
Steer., Less. & Much More.  
Sle. #610

ONLY \$16,686

## 95 LEGACY WGN.

All Wheel Drive  
A/C, Dual A/Bags, Stereo, R. Rack & More.  
Sle. #281

ONLY \$15,999

## 96 IMPREZA 4-DR.

All Wheel Drive  
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Sle. #445

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★ 97 SEDAN DEVILLE, one

owner, all power, v-8 clean

with leather interior, 346,000

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WHEEL DRIVE, 4 door, 3.8L

V-6, 4 wheel disc, 16" wheels

\$12,995. Phone 344

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Maintenance Bluebook \$10,195

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Maintenance Bluebook \$10,195

★ 95 CADILLAC DEVILLE

Maintenance Bluebook \$10,195

## 5 CADILLAC

1992 CADILLAC DEVILLE

Maintenance Bluebook \$10,195

★ 94 CADILLAC DEVILLE

Maintenance Bluebook \$10,195

★ 95 CADILLAC DEVILLE

Maintenance Bluebook \$10,195

## 6 CADILLAC

1992 CADILLAC DEVILLE

Maintenance Bluebook \$10,195

★ 94 CADILLAC DEVILLE

Maintenance Bluebook \$10,195

★ 95 CADILLAC DEVILLE

Maintenance Bluebook \$10,195

## 7 CADILLAC

1992 CADILLAC DEVILLE

Maintenance Bluebook \$10,195

★ 94 CADILLAC DEVILLE

Maintenance Bluebook \$10,195

★ 95 CADILLAC DEVILLE

Maintenance Bluebook \$10,195

## 8 CADILLAC

1992 CADILLAC DEVILLE

Maintenance Bluebook \$10,195

★ 94 CADILLAC DEVILLE

Maintenance Bluebook \$10,195

★ 95 CADILLAC DEVILLE

Maintenance Bluebook \$10,195

## 9 CADILLAC

1992 CADILLAC DEVILLE

Maintenance Bluebook \$10,195

★ 94 CADILLAC DEVILLE

Maintenance Bluebook \$10,195

★ 95 CADILLAC DEVILLE

Maintenance Bluebook \$10,195

## 10 CADILLAC

1992 CADILLAC DEVILLE

Maintenance Bluebook \$10,195

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Maintenance Bluebook \$10,195

★ 95 CADILLAC DEVILLE

Maintenance Bluebook \$10,195

## 11 CADILLAC

1992 CADILLAC DEVILLE

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Maintenance Bluebook \$10,195

★ 95 CADILLAC DEVILLE

Maintenance Bluebook \$10,195

## 12 CADILLAC

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Maintenance Bluebook \$10,195

★ 95 CADILLAC DEVILLE

Maintenance Bluebook \$10,195

## 13 CADILLAC

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Maintenance Bluebook \$10,195

★ 95 CADILLAC DEVILLE

Maintenance Bluebook \$10,195

## 14 CADILLAC

1992 CADILLAC DEVILLE

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Maintenance Bluebook \$10,195

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Maintenance Bluebook \$10,195

## 15 CADILLAC

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★ 95 CADILLAC DEVILLE

Maintenance Bluebook \$10,195

## 16 CADILLAC

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★ 95 CADILLAC DEVILLE

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## 17 CADILLAC

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Maintenance Bluebook \$10,195

★ 95 CADILLAC DEVILLE

Maintenance Bluebook \$10,195

## 18 CADILLAC

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Maintenance Bluebook \$10,195

★ 95 CADILLAC DEVILLE

Maintenance Bluebook \$10,195

## 19 CADILLAC

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★ 94 CADILLAC DEVILLE

Maintenance Bluebook \$10,195

★ 95 CADILLAC DEVILLE

Maintenance Bluebook \$10,195

## 20 CADILLAC

1992 CADILLAC DEVILLE

Maintenance Bluebook \$10,195

★ 94 CADILLAC DEVILLE

Maintenance Bluebook \$10,195

★ 95 CADILLAC DEVILLE

Maintenance Bluebook \$10,195

## 21 CADILLAC

1992 CADILLAC DEVILLE

Maintenance Bluebook \$10,195

★ 94 CADILLAC DEVILLE

Maintenance Bluebook \$10,195

★ 95 CADILLAC DEVILLE

Maintenance Bluebook \$10,195

## 22 CADILLAC

1992 CADILLAC DEVILLE

Maintenance Bluebook \$10,195

★ 94 CADILLAC DEVILLE

Maintenance Bluebook \$10,195

★ 95 CADILLAC DEVILLE

Maintenance Bluebook \$10,195

## 23 CADILLAC

1992 CADILLAC DEVILLE

Maintenance Bluebook \$10,195

★ 94 CADILLAC DEVILLE

Maintenance Bluebook \$10,195

★ 95 CADILLAC DEVILLE

Maintenance Bluebook \$10,195

## 24 CADILLAC

1992 CADILLAC DEVILLE

Maintenance Bluebook \$10,195

★ 94 CADILLAC DEVILLE

Maintenance Bluebook \$10,195

★ 95 CADILLAC DEVILLE

Maintenance Bluebook \$10,195

## 25 CADILLAC

1992 CADILLAC DEVILLE

Maintenance Bluebook \$10,195

★ 94 CADILLAC DEVILLE

Maintenance Bluebook \$10,195

★ 95 CADILLAC DEVILLE

Maintenance Bluebook \$10,195

## 26 CADILLAC

1992 CADILLAC DEVILLE

Maintenance Bluebook \$10,195

★ 94 CADILLAC DEVILLE

Maintenance Bluebook \$10,195

★ 95 CADILLAC DEVILLE

Maintenance Bluebook \$10,195

## 27 CADILLAC

1992 CADILLAC DEVILLE

Maintenance Bluebook \$10,195

★ 94 CADILLAC DEVILLE

Maintenance Bluebook \$10,195

★ 95 CADILLAC DEVILLE

Maintenance Bluebook \$10,195

## 28 CADILLAC

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Maintenance Bluebook \$10,195

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Maintenance Bluebook \$10,195

★ 95 CADILLAC DEVILLE

Maintenance Bluebook \$10,195

## 29 CADILLAC

1992 CADILLAC DEVILLE

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★ 94 CADILLAC DEVILLE

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★ 95 CADILLAC DEVILLE

Maintenance Bluebook \$10,195

## 30 CADILLAC

1992 CADILLAC DEVILLE

Maintenance Bluebook \$10,195

★ 94 CADILLAC DEVILLE

Maintenance Bluebook \$10,195

★ 95 CADILLAC DEVILLE

Maintenance Bluebook \$10,195

## 31 CADILLAC

1992 CADILLAC DEVILLE

Maintenance Bluebook \$10,195

★ 94 CADILLAC DEVILLE

Maintenance Bluebook \$10,195

★ 95 CADILLAC DEVILLE

Maintenance Bluebook \$10,195

## 32 CADILLAC

1992 CADILLAC DEVILLE

Maintenance Bluebook \$10,195

★ 94 CADILLAC DEVILLE

Maintenance Bluebook \$10,195

★ 95 CADILLAC DEVILLE

Maintenance Bluebook \$10,195

## 33 CADILLAC

1992 CADILLAC DEVILLE

Maintenance Bluebook \$10,195

★ 94 CADILLAC DEVILLE

Maintenance Bluebook \$10,195

★ 95 CADILLAC DEVILLE

Maintenance Bluebook \$10,195

## 34 CADILLAC

1992 CADILLAC DEVILLE

Maintenance Bluebook \$10,195

★ 94 CADILLAC DEVILLE

Maintenance Bluebook \$10,195

★ 95 CADILLAC DEVILLE

Maintenance Bluebook \$10,195

## 35 CADILLAC

1992 CADILLAC DEVILLE

Maintenance Bluebook \$10,1



## 30 SATURN

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1991 CHEVROLET #4-V8 Sharp!

## 320 HELP WANTED

**CUSTOMER SERVICE REPRESENTATIVE**  
Get in the ground floor of a fast paced nationwide company. We are seeking a person who is hard working, computer literate, flexible and a team player who can work in a busy office. Send resume to:

**LABOR READY**  
240 First Capitol  
St. Charles, MO 63301  
or fax 314-940-9552

**DANGEROUS WAITRESSES** and bartenders, men or women. Apply in person at Dotti's Diner, 1000 N. Main St. of Collinsville on Highway 159. Drivers

**\$50+100 CASH DAILY**  
Ice Cream Vending routes open! Must be over 18 with a good driving record. Call at Frosty Treats, 7507 Minton Industrial 11/16, Suite 100, Collinsville, IL 62234. 314-522-6767.

## 320 HELP WANTED

**DRIVERS WANTED** Must be 21 or older, have good driving record. \$20 per hour. No experience necessary. Must be on-call basis only. If interested, call at 2900 Marquette Rd., Maryville, IL 62260. 314-522-6767.

**EXCELLENT INCOME POTENTIAL**

As a Sales Associate at Hello!

directly proportional to your monthly progressive retail furniture commissions, office equipment, furniture, and advancement opportunities. Call 877-7158.

## 320 HELP WANTED

**DRIVERS WANTED** Must be 21 or older, have good driving record. \$20 per hour. No experience necessary. Must be on-call basis only. If interested, call at 2900 Marquette Rd., Maryville, IL 62260. 314-522-6767.

**EXCELLENT INCOME POTENTIAL**

As a Sales Associate at Hello!

directly proportional to your monthly progressive retail furniture commissions, office equipment, furniture, and advancement opportunities. Call 877-7158.

## 320 HELP WANTED

**FITTERS**  
ASME Code Fabrication,  
Steel Tanks, Etc. Work From  
Prints, Experienced.

**APPLY IN PERSON:**

**FABRICATORS, INC.**

5601 West Park Ave.

St. Louis, MO 63110

**SALES & LABORERS, day-Mon-Fri,**  
Saturday, 8 AM-5 PM. Call 877-7158.

## 320 HELP WANTED

**GIRLS WANTED** For Missouri's first girls' basketball team to compete in this year's 1996 St. Louis Girls' Basketball Tournament. Girls are on-call basis only. If interested, call at 2900 Marquette Rd., Maryville, IL 62260. 314-522-6767.

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directly proportional to your monthly progressive retail furniture commissions, office equipment, furniture, and advancement opportunities. Call 877-7158.

## 320 HELP WANTED

**EARN UP TO \$400 WEEKLY**  
We need 20 enthusiastic people to work in our Granite office. Fun, Easy Phone Work, AM/PM avail. No Exp. Nec. We will train. Apply W-Th-F 10AM-1PM to 4320 PM

**3220 HAMMOND**

Inside Sales, 30 min. Village

Meet, 30 min. From Post Office, 30 min.

**Horseshoers** workers need \$42.50 per hour. 877-7965.

**JOANITORPAINTER** wanted to paint exterior, part time, entry levels. Call 2900 Marquette Rd., Maryville, IL 62260. 314-522-6767.

**LAUNDRY & CLEANING, IN GRANITE CITY AREA: IMMEDIATE OPENINGS**

877-7965. Call 877-7158.

## 320 HELP WANTED

**IMMEDIATE OPENINGS**  
Experienced and non-experienced positions available at our Granite office. Fun, Easy Phone Work, AM/PM avail. No Exp. Nec. We will train. Apply W-Th-F 10AM-1PM to 4320 PM

**3220 HAMMOND**

Inside Sales, 30 min. Village

Meet, 30 min. From Post Office, 30 min.

**INSURANCE: CSR-Property**

casualty-personal lines

of business. We are a

newly established agency

in Early Champaign. Fill out

application at 2900 Marquette

Rd., Maryville, IL 62260. 314-522-6767.

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**WORK TODAY! PAID TODAY!**  
Not enough workers. No fees. Apply Mon-Sat

**601 NEAREST LOCATION**

7805 Old National City

4441 N. Main St., St. Louis

115 Plaza Dr., N. County

2164 Plaza Dr., St. Charles

314-640-2040

## 320 HELP WANTED

**Part-time Insurance Person** Wanted for busy doctors office. Must be a good Manager computer software, CD, 3165 Myrtle Rd., 62240.

**Part-time**

**Housekeeper** No cooking involved. Work

as desired. Salary open.

Call 618-333-3333.

## 320 HELP WANTED

**SUMMER HELP** needed early June thru August, 30-40 hours per week. Must be a college student majoring in Early Childhood Education. Call 3165 Myrtle Rd., 62240.

**Part-time**

**Receptionist** needed for busy doctor's office. Call 618-333-3333.

**Part-time**

**Truck Driver** Driver needed for delivery. Call 797-0474.

**TWO CHILDREN**, 1 handi-

cap, 1 child in school, during summer, in my home. Call 314-3266.

## 320 HELP WANTED

**Part-time Insurance Person** Wanted for busy doctors office. Must be a good Manager computer software, CD, 3165 Myrtle Rd., 62240.

**Part-time**

**Receptionist** needed for busy doctor's office. Call 618-333-3333.

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## ads from women

20-year-old, medium build, SWF, open to meeting, medium build, SWM, 20-25, for relationship, possibly serious relationship. **✉** 15376

57, 120 lbs, reddish brown/white, early 40s, likes shopping, sharing, movies, books, travel, poems, bit of a dreamer. **✉** 15347

Active, understanding, good-looking, SWF, 22, for sharing, caring, romantic evenings and good times. **✉** 15259

Attentive, professional, SWF, 45, 5'7, brown hair, grey eyes, nice sense of humor, ISO SWF, 46-55, n/s, for monogamous long-term relationship. **✉** 15322

Affectionate, SWF, 52\*, 135 lbs, brown/brown, likes walking, movies, drama, ISO SWF, 45-55, n/s, for one-on-one relationship. **✉** 15207

Affectionate, good-looking, SWF, 32, 5'7, slender, easygoing, honest and stable, seeking sincere fun, carefree, SWM, 26-30, stable and, **✉** 15322

Affectionate, honest SWF, 25, enjoys golf, tennis, swimming, golf and tennis, ISO SWF, 26-30, for one-on-one relationship. **✉** 15495

Attractive, SWF, 18, looking for something to do, seeking, fun, carefree, SWF, 22-24, who's looking someone to have fun and get out with. **✉** 15347

Attractive, biracial, fun-loving, SWF, 20, 5'4, brown hair, blue eyes, n/s, open-minded and outgoing, SWF, 22-24, for relationship. **✉** 15322

Attractive, SWF, 31, 135 lbs, brown/brown, seeking all that WM, 40-50, needs is a Harley, like to travel. **✉** 15205

Attractive SWF, 31, full-figured, outgoing, passionate, enjoys dancing, watersports. Seeking open-minded, honest, SWF, 22-24, for relationship. **✉** 15302

Attractive, SWF, 22, ISO, 45-48, for relationship, emotionally secure, available, nonsmoking, professional SWF, 22-24, for sharing, long-term relationship. **✉** 15273

Attractive, SWF, 20, 170 lbs, looking for SWF, 22-24, who's open-minded and outgoing. **✉** 15484

Attractive SWF, 37, proportionate, open-minded, caring, passionate, romantic, motivated young, employee, no baggage, ISO attraction, SWF, 30-40, little baggage. **✉** 15488

Attractive, SWF, loves church and theater, ISO good-looking, fun-loving, SWF, 24-26, ISO, 5'5, someone who chooses a mate from the heart. **✉** 15490

Attractive SWF, seeks WM, 23-38, 5'7, 150 lbs, for relationship. **✉** 15314

Attractive, fun-loving SWF, intelligent, enjoys life, rock and roll, country western music, movies, theater, ISO SWF, 25-30, for relationship, possibly relationship. **✉** 15465

Big but beautiful, SWF, 31, likes music, dancing, fun. Looking for special person who is open-minded and enjoys life. **✉** 15269

Big, beautiful SWF, 55, 5'5, 150 lbs, healthy, caring, honest. Looking to meet with similar characteristics for relationship. **✉** 15337

Black beauty, SWF, 5'2, 5'3, full-figured, outgoing, energetic, honest. Enjoying sewing, reading, seeking mature SWM, 40-50. **✉** 15207

Beautiful, secure SWF, 39, loving and romantic, enjoys dinner, movies, theater, seeking SWM, 35-40, for relationship. **✉** 15465

Beautiful, secure SWF, 35, curly blonde/green, ISO SWF, 26-30, for relationship. **✉** 15363

Caring Lady, 43, DWF, ISO caring, honest, loving, SWF, 40-55, to share life, ISO SWF, 26-30, for relationship, theater and long walks. **✉** 15425

Can't believe I'm doing this! Cute SWF, 35, curly blonde/green, ISO SWF, 26-30, for relationship, let's enjoy life. **✉** 15517

Classy SWF, 50, 5'8", brown/blue, ISO, 40-50, to share life, ISO SWF, 26-30, for relationship. **✉** 15465

Classy, petite, brunnette business lady, 45, ISO build, 119 lbs, ISO, 40-50, for relationship. **✉** 15333

Classy, petite, brunnette business lady, 45, ISO build, 119 lbs, ISO, 40-50, for relationship. **✉** 15333

Color-coordinated DWF, 53, 5'1, 116 lbs, autumn hair, gourmet cook, smoker; enjoy live theater, travel, ISO SWF, 26-30, same interests. **✉** 15330

Daring, attractive, full-figured SWF, 33, 5'8", blonde/green, caring, patient, seeking SWM, 35-40, for relationship, dancing, quiet evenings. ISO attractive. **✉** 15340

DBF, 34, mother, caring, patient, seeking SWM, 35-40, for relationship, dancing, quiet times. ISO SWF, 26-30, loves children. **✉** 15321

35, seeking Gentleman, 50-60, who enjoys cooking, dining, reading, art museums, etc. Possible relationship. **✉** 15345

Down-to-earth, intelligent, witty, full-figured SWF, 58, 5'2", ISO honest, 40-50, for relationship. **✉** 15322

DWF, 60, blonde hair, blue eyes, SWF, 26-30, for relationship. **✉** 15392

DWF, 33, blonde/brown, educated, loves Indian, wolves, full of energy, ISO SWF, 26-30, for relationship. **✉** 15343

DWF, 50, petite, blonde/green, easygoing and affectionate, ISO SWF, 26-30, for relationship. **✉** 15322

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Computer Software Company in St. Louis seeking individual with experience in DOS/Windows. Book-keeping experience preferred. Nursing home/care center. Must be able to work with patients. REFERENCES AND POLICIES CHECK REQUIRED. Call:

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Creve Coeur MO 63146  
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Firstst. Nursing Service  
2222 Schuetz Rd.

★ NA/CNA/CMT ★  
READY FOR A CHANGE?  
Come see our "new" skilled addition and join our caring, dedicated staff.  
• 12 hr shifts/DAYS/NIGHTS  
• 3 shifts/work full time  
• 4am-7am full time  
• Paid health ins.  
**BROOKING PARK**  
307 S. Woods Mill Rd.  
(Off Hwy 40/141)  
Chesterfield MO  
576-5445  
equal opportunity employer

SPEECH PATHOLOGIST  
Immediate position available working with children with developmental disabilities in Jefferson County, MO. Lic/CCC required.  
SL Louis Hearing & Speech Center  
(314)958-4710  
EOE M/F/D/V

A GREAT PLACE TO WORK  
**CNAs/NAs**

2 consecutive deficiency free surveys!  
Full & part time positions on 3-11 shifts for dependent/elderly care.  
• Great wages  
• New improved shift differential (75%)  
• Payment in lieu of medical benefits avail.  
• Certification for NAs  
• Vacation plus more!  
Contact D.O.N., 469-1200 for interview apt.  
The Woods at House  
560 White Rd.  
Chesterfield  
EOE

## BILLERS

Physical Therapy Billing Office has part time openings for Billing Clerks, 8am-10pm. Requirements include:  
• Communication skills  
• Detail oriented team player  
• 1 yr medical billing exp.  
• Apply in person  
• Work with friendly staff  
HealthSouth RBO  
Attn: Biller P.O. Box  
10252 Manchester Rd.  
Kirkwood MO 63122

## CNAs

PRIVATE DUTY  
★ ★ ★  
All shifts, Arnold area.  
Apply in person:  
**NETWORK HEALTH**  
16 N. GORE, STE. 208  
961-3101

## CNAs/HHAs LIVE-INS COMPANIONS

Are you interested in providing a rewarding career? We have immediate openings available in all parts of the St. Louis and surrounding areas. We also have part time salaried positions available. If you are a CNA interested in the field of companion, live-in, or caregiver. Live-in or Companion and are looking for work, WE NEED YOU! You must possess a caring attitude, be reliable and be prepared to be a quality companion. Please call 1-800-227-1327 to arrange an interview.

## STAFF BUILDERS

957-2770  
785 Office Pkwy  
# 270  
St. Louis, MO 63141  
EOE

## CNA/NA

Full and part time  
7-3, 11-11  
Paid weekly  
137 bed SNF

Apply in person:  
West County Care  
312 Solley Drive  
Ballwin MO 63011  
391-0666  
equal opportunity employer

## CNA/HHAs LIVE-INS COMPANIONS

With one year nursing home experience needed for private duty and staffing. Must be dependable and have reliable transportation.  
• WEEKLY PAY  
• BONUSES  
• 401K  
• HEALTH/DENTAL INSURANCE  
For interview call Ginger:  
822-8158  
**ALGONQUIN NURSES**  
10135 MANCHESTER RD.

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**ALGONQUIN NURSES**  
10135 MANCHESTER RD.

## RN/LPN 11-7, FULL TIME

EXPERIENCE IN LONG TERM CARE  
• HEALTH INSURANCE  
• DENTAL INSURANCE  
• PERFECT ATTENDANCE BONUS  
• 401K PLAN  
PLEASE CALL 537-3333  
FOR MORE INFORMATION  
EQUAL OPPORTUNITY EMPLOYER

Please be sure to look for this section on every Sunday & Wednesday in your local Suburban Journals To place your ad in this section — contact 821-1555 or 800-766-3278!

## CNAs/NAs LIVE-INS Private Duty

Immediate positions available to fill shifts in South, West & St. Charles Counties. Excellent benefits available including health/dental insurance, 401K and profit sharing. Flexible shifts. Contact Ann S. or Kim R. at:

**314-997-4663**  
**PREFERRED HEALTH CARE**

**ATTENTION RN AND LPN**  
FULL TIME DAY SHIFT  
\* Must have experience in geriatrics!  
\* Top Wages  
\* Medical/Dental Insurance  
\* Life Insurance  
\* Child Care Plan  
\* Advancement Opportunities  
Interested individuals, please contact:  
**BRIDGETON NURSING CENTER**  
1245 Bridgeton Center Dr.  
Bridgeton MO 63044  
314-238-7444  
equal opportunity employer m/f/v

**Meet Your Match**

BRINGING SINGLES TOGETHER.

## ads from men

Looking for love. DWM, 41, seeking nice-looking female. 26-45, for serious relationship. No pets. Equal opportunity employer.

Los Angeles transplant, DWM, 53, 5'6", 150 lbs, very attractive, affectionate, easy going, good sense of humor. Serious, equal opportunity employer.

Mature, attractive, heavyset WWM seeks attractive, easy going, unimpaired female for friendship. Serious, replies only. 15191

Muscular SWM, 31, 5'11", 190 lbs, nonsmoker, no dependents, like outdoors, music. Seeking muscular SWF, 26-35, for dependents, similar interests. 151949

Music professional, SWM, youthful, attractive, seeks a friend or friend for friendship. Christian living, interested. 151920

Musical female, White, male, for friendship and fun. 151477

Native, California, DWM, 31, 5'10", 155 lbs, blonde/blue, enjoys dancing, rock, country music. Seeking petite SWF for friendship, possibly romantic. 151401

New to area, SWM, 40+, brown/blonde, 5'7", 150 lbs, seeking a friend or friend for friendship. 151334

New to area, SWM, 40+, brown/blonde, 5'7", 150 lbs, seeking a friend or friend for friendship. 151334

North County, if you were born sometime after 1941, are easy to look at, are healthy, love life's goodies, have a good sense of humor, (pets or family problems) and want to be compatibly involved with a good-looking SWM, 35-45, for a healthy, smoker, social drinker, home-owner, we should meet and talk. North County only. See you, partner. 151393

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